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RECIPE CONVERSION

Most bread and sweet dough recipes have an additional column on the left side of each recipe card for TRUE PERCENTAGES. These are based on the total weight of all the ingredients, the sum of which is 100 percent. True percentages are used in adjusting a recipe to yield a specific number of servings to produce a specific number of smaller or larger servings, or to use the amount of ingredients available. To adjust a recipe to yield a specific number of servings, use this method (using Sweet Dough (Recipe D-36) as an example):

A. TRUE PERCENTAGE METHOD

Step 1 - Obtain a working factor by dividing the number of servings needed by 100.

For example: 438 servings needed \div 100 = 4.38 working factor. See Recipe Conversion No. A-1.

Step 2 - Multiply the working factor by the total weight of the recipe to obtain the pounds desired. (Note: the total weight of the recipe is listed at the bottom of the weight column on each recipe card.)

For example: 4.38 (working factor) x 12.958 (weight of recipe) = 56.76 (lbs desired).

Step 3 - Multiply 56.76 (lbs desired) by the percent of each ingredient in the recipe.

Yeast	2.37%	X	56.76 =	1.34 lb	= 1 lb 5 1/2 oz
Water	18.92%	X	56.76 =	10.74 lb	= 10 lb 12 oz
Sugar	8.99%	X	56.76 =	5.10 lb	= 5 lb 1 1/2 oz
Salt	.95%	X	56.76 =	.54 lb	= 8 3/4 oz
Shortening	7.57%	X	56.76 =	4.30 lb	= 4 lb 5 oz
Eggs	9.46%	X	56.76 =	5.37 lb	= 5 lb 6 oz
Flour	50.16%	X	56.76 =	28.47 lb	= 28 lb 7 1/2 oz
Milk	1.58%	X	56.76 =	.90 lb	= 14 1/2 oz
TOTAL	100.00%			56.76 lb	

GUIDELINES FOR PREPARATION OF YEAST DOUGHS

1. The water temperature in which the yeast is dissolved is important. If temperatures above 110° F. are used, the yeast will be killed. If under 105° F., the yeast's growth or development will be retarded.
2. The amount of water required may vary from that specified in the recipe due to variable amounts of moisture in the flour.
3. Full mixing or dough development produces better volume and lighter yeast products.
4. Lightly grease the bowl in which the dough is allowed to rise. Heavy greasing may cause streaks in the bread.
5. Yeast dough is ready to be punched when it is light and doubled in size. To test, press the dough lightly with a finger tip. If the impression remains and the dough recedes slightly, it is ready to be punched.
6. Punching should be just enough to expel gases.
7. The dough for rolls is usually softer than that for bread.

RETARDED SWEET DOUGH METHODS

Retarded sweet dough is yeast dough that is refrigerated for a period of time prior to baking. Refrigeration temperatures retard fermentation of the dough. The quality of the end product not changed. Retarded sweet dough may be held in refrigeration below 40° F. as long as 24 hours. Retarded sweet dough may be prepared using Sweet Dough (Recipe No. D 036 00). Two methods of preparation are:

Method 1

1. Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110° F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
2. Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
3. Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
4. Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78° F. to 82° F.
5. FERMENT: Set in warm place (80°F.) about 50 to 55 minutes.
6. PUNCH: Divide dough into desired working-size pieces. Shape each piece into a smooth rectangular piece. Let rest 15 minutes.
7. MAKE UP: As desired.
8. Cover; refrigerate immediately.
9. When ready to use, remove from refrigeration; PROOF until pieces are double in bulk.
10. BAKE: Using a convection oven, bake 15 minutes at 325 F. on high fan, open vent.
11. FINISH: As desired.

NOTE: Made up pieces prepared by this method can be stored safely for about 60 hours at 32° F.

Method 2

1. Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110° F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
2. Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
3. Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
4. FERMENT: Set in warm place (80° F.) about 50 to 55 minutes.
5. PUNCH: Divide dough into 3 pieces, about 4 lb 5 oz each; shape ea piece into a smooth rectangle. Let rest 15 minutes.
6. Flatten each piece; brush lightly with melted shortening or salad oil. Place on greased sheet pans; cover and refrigerate.
7. When ready to use, remove dough from refrigeration; make up as desired. IT IS NOT NECESSARY TO BRING DOUGH TO ROOM TEMPERATE BEFORE MAKE UP.
8. PROOF: Until pieces are double in bulk.
9. BAKE: Using a convection oven, bake 15 minutes at 325 F. on high fan, open vent.
10. FINISH: As desired.

CHARACTERISTICS OF GOOD QUALITY BREAD PRODUCTS AND ROLLS

CHARACTERISTIC	BISCUITS	MUFFINS	YEAST BREADS AND ROLLS
Color	Uniform golden brown top and bottom. Inside creamy white. Free from yellow or brown spots.	Uniform golden brown outside. Inside creamy white or slightly yellow but free from streaks.	Even rich brown color, creamy white inside and free from streaks.
Shape and size	Uniform in shape and size, with straight sides and a smooth level top. The volume is at least twice the size of the unbaked product.	Uniform shape and size. Well-rounded pebbled top, free from peaks or cracks.	Well proportioned, symmetrical with a well-rounded top.
Crust	Tender and moderately smooth. Free from excess flour.	Tender, with a thin, slightly rough or pebbled shiny appearance.	Crisp-tender with an even thickness over entire surface. Free from cracks and bulges.
Texture	Slightly moist, tender and flaky crumb, with a medium fine grain.	Moist, tender and light crumb, with medium fine, evenly distributed air spaces.	Soft, springy texture, tender and slightly moist with fine grain, thin walled cells.
Flavor	Pleasing, well-blended flavor with no bitterness.	Pleasing, well-blended flavor with no bitterness or other off-flavors.	Wheaty, sweet nut-like flavor. No off-flavors.

CHARACTERISTICS OF POOR QUALITY BREAD PRODUCTS AND ROLLS

CHARACTERISTIC		BISCUITS	MUFFINS	YEAST BREADS AND ROLLS
Crusts	Tough or hard	Too much flour. Overmixing. Oven too hot. Overbaking.	Too much flour or not enough sugar or shortening. Overmixing.	Not enough shortening. Overbaking. Insufficient fermentation. Too much rolling in flour.
	Irregular	Rough or blisters due to too much liquid, incorrect kneading or rolling.	Peaks due to mixture being too stiff, overmixing or oven too hot.	Blisters due to improper make-up. Too much rolling in flour.
	Too smooth		Too much liquid or overmixing.	
Inside Appearance	Color streaks or spots	Too much leavening. Ingredients not well mixed.	Eggs and milk not well blended.	“Crusting” during fermentation of dough. Undermixing. Too much dusting flour during make-up.
Outside Appearance	Shape irregular	Too much liquid. Dough not rolled to uniform thickness. Improper cutting of dough. Uneven oven heat.	Too much flour. Not enough liquid. Overmixing. Too much batter in pan. Oven too hot.	Improper shaping. Too much dough for bread pan. Insufficient proofing time.
Color	Too dark	Oven too hot. Overbaking. Dough too stiff. Oven not hot enough, insufficient sugar.	Too much sugar. Oven too hot. Overbaking.	Too much sugar or milk. Insufficient fermentation time. Oven too hot.
	Too pale	Dough too stiff. Oven not hot enough, insufficient sugar.	Overmixing. Oven not hot enough. Underbaking.	Not enough sugar or milk. Dough too warm during mixing and excessive fermentation. Oven not hot enough.

D-G. BREADS AND SWEET DOUGHS No. 5(1)

CHARACTERISTIC		BISCUITS	MUFFINS	YEAST BREADS AND ROLLS
Tough		Not enough shortening or leavening. Too much liquid. Dough too cold or oven not hot enough. Overmixing.	Not enough shortening or sugar. Overmixing.	Not enough shortening. Insufficient proofing time. Overbaking.
Heavy		Wrong proportion of ingredients. Improper mixing. Oven not hot enough or dough too stiff.	Not enough baking powder or shortening. Overmixing.	Underproofing or overmixing.
Flavor	Poor	Wrong proportion of ingredients or improper mixing.	Wrong proportion of ingredients or improper mixing.	Wrong proportion of ingredients. Fermentation time too long.
Grain	Coarse or uneven	Too much leavening, not enough liquid, or improper mixing. "Not flaky" due to not enough shortening or improper mixing of shortening and flour.	Insufficient beating of eggs. Too much or not enough leavening. Overmixing. Tunnels due to not enough liquid or shortening or overmixing.	Improper make-up, excessive water or under-or overmixing.
Texture	Too dry	Dough too stiff. Overbaking. Oven not hot enough. Not enough sugar or shortening.	Batter too stiff. Overbaking. Too much leavening. Not enough sugar and/or shortening.	Overproofing. Not enough water or improper mixing time
	Too crumbly	Too much leavening, sugar or shortening. Not enough liquid.	Not enough liquid. Too much baking powder. Oven not hot enough.	Not enough water, improper mixing time

BAKING POWDER BISCUITS

Yield 100

Portion 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	24 g	4 g	4 g	0 mg	345 mg	115 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
MILK,NONFAT,DRY
BAKING POWDER
SALT
SHORTENING
WATER
COOKING SPRAY,NONSTICK

Weight

6-5/8 lbs
3-5/8 oz
5-7/8 oz
1-1/2 oz
12 oz
3-7/8 lbs
2 oz

Measure

1 gal 2 qts
1-1/2 cup
3/4 cup
2-1/3 tbsp
1-5/8 cup
1 qts 3-1/2 cup
1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening at low speed into dry ingredients until mixture resembles coarse cornmeal.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 Place dough on lightly floured board. Knead lightly 1minute or until dough is smooth.
- 5 Roll or pat out to a uniform thickness of 1/2-inch.
- 6 Lightly spray each pan with non-stick cooking spray. Cut with 2-1/2 inch floured biscuit cutter. Place 50 biscuits on each pan.
- 7 Using a convection oven, bake at 350 F. for 15 minutes or until lightly browned on low fan, open vent.

Notes

- 1 For browner tops: In Step 1, add 1/2 cup granulated sugar per 100 portions to dry ingredients.

BAKING POWDER BISCUITS (BISCUIT MIX)

Yield 100

Portion 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
153 cal	23 g	3 g	6 g	1 mg	456 mg	64 mg

Ingredient

BISCUIT MIX

Weight

7-7/8 lbs

Measure

1 gal 3-1/2 qts

Issue

Method

- 1 Prepare biscuit mix according to instructions on container. Using a convection oven, bake at 350 F. 15 minutes or until lightly browned on low fan, open vent.

CHEESE BISCUITS

Yield 100

Portion 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	24 g	5 g	6 g	5 mg	373 mg	147 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
MILK,NONFAT,DRY
BAKING POWDER
SALT
CHEESE,CHEDDAR,GRATED
SHORTENING
WATER
COOKING SPRAY,NONSTICK

Weight

6-5/8 lbs
3-5/8 oz
5-7/8 oz
1-1/2 oz
1 lbs
12 oz
3-7/8 lbs
2 oz

Measure

1 gal 2 qts
1-1/2 cup
3/4 cup
2-1/3 tbsp
1 qts
1-5/8 cup
1 qts 3-1/2 cup
1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl. Add grated cheddar cheese to sifted dry ingredients.
- 2 Blend shortening at low speed into dry ingredients until mixture resembles coarse cornmeal.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 Place dough on lightly floured board. Knead lightly, 1 minute or until dough is smooth.
- 5 Roll or pat out to a uniform thickness of 1/2 inch.
- 6 Lightly spray each pan with non-stick cooking spray. Cut with 2-1/2 inch floured biscuit cutter. Place 50 biscuits on each pan.
- 7 Using a convection oven, bake at 350 F. for 15 minutes or until lightly browned on low fan, open vent.

Notes

- 1 For browner tops: In Step 1, add 1/2 cup of granulated sugar per 100 portions to dry ingredients.

DROP BISCUITS

Yield 100

Portion 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	24 g	4 g	4 g	0 mg	345 mg	115 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 SHORTENING
 WATER
 COOKING SPRAY,NONSTICK

Weight

6-5/8 lbs
 3-5/8 oz
 5-7/8 oz
 1-1/2 oz
 12 oz
 4-7/8 lbs
 2 oz

Measure

1 gal 2 qts
 1-1/2 cup
 3/4 cup
 2-1/3 tbsp
 1-5/8 cup
 2 qts 1-3/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening at low speed into dry ingredients until mixture resembles coarse cornmeal.
- 3 Add water; mix at low speed only enough to form a soft dough.
- 4 Lightly spray each pan with non-stick cooking spray. Drop biscuit dough by heaping tablespoon, 1 inch apart, on sprayed sheet pans in rows 6 by 9.
- 5 Using a convection oven, bake at 350 F. for 15 minutes or until lightly browned on low fan, open vent.

Notes

- 1 For browner tops: In Step 1, add 1/2 cup granulated sugar per 100 portions to dry ingredients.

IRISH SODA BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	59 g	6 g	9 g	44 mg	456 mg	70 mg

Ingredient

MILK,NONFAT,DRY
 WATER
 VINEGAR,DISTILLED
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING SODA
 BAKING POWDER
 SALT
 RAISINS
 CARAWAY SEED
 BUTTER
 EGGS,WHOLE,FROZEN,BEATEN,ROOM TEMPERATURE
 COOKING SPRAY,NONSTICK

Weight

4-1/4 oz
 4-2/3 lbs
 5-5/8 oz
 8-7/8 lbs
 3 lbs
 1-1/3 oz
 1-3/4 oz
 1-7/8 oz
 3-7/8 lbs
 2-1/2 oz
 2 lbs
 1-1/4 lbs
 2 oz

Measure

1-3/4 cup
 2 qts 1 cup
 1/2 cup 2-2/3 tbsp
 2 gal
 1 qts 2-3/4 cup
 2-2/3 tbsp
 1/4 cup
 3 tbsp
 3 qts
 1/2 cup 2-2/3 tbsp
 1 qts
 2-1/4 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Reconstitute milk; add vinegar. Let stand 15 minutes. Set aside for use in Step 4.
- 2 Place flour, sugar, baking soda, baking powder, salt, raisins, and caraway seeds in mixer bowl. Mix at low speed just enough to blend.
- 3 Using pastry knife attachment, cut butter or margarine into dry ingredients until it resembles coarse meal.
- 4 Stir eggs into milk. Add egg-milk mixture to dry ingredients; blend until just mixed, about 45 seconds. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Place 3 pounds or 1-1/2 quarts batter in each sprayed loaf pan.
- 6 Bake 55 to 60 minutes at 375 F. or until done.
- 7 Cool thoroughly before slicing.
- 8 Cut 25, 1/2 inch thick slices per loaf.

SUBMARINE ROLLS (HOAGIE, TORPEDO)

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
389 cal	73 g	12 g	5 g	0 mg	423 mg	17 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 COOKING SPRAY,NONSTICK

Weight

6-3/4 oz
 2-1/8 lbs
 8-7/8 lbs
 8-7/8 oz
 3-3/4 oz
 21-1/8 lbs
 9 oz
 2 oz

Measure

1 cup
 1 qts
 1 gal 1/4 qts
 1-1/4 cup
 1/4 cup 2-1/3 tbsp
 4 gal 1-1/2 qts
 1-1/4 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, sugar, salt, and flour in mixer bowl.
- 3 Mix at low speed 1 minute or until all flour is incorporated into liquid, using dough hook. Add yeast solution; mix at low speed 1 minute.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. and 82 F.
- 5 FERMENT: Cover. Set in warm place, 80 F. for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Fold sides into center. Turn dough over. Divide dough into approximately 3-pound pieces. Let rest about 10 minutes.
- 7 MAKEUP: Divide each ball into 10 4-1/2-ounce pieces; flatten. Roll up like jelly roll into 1-1/4x8-inch rolls. Lightly spray pans with non-stick cooking spray. Place 15 rolls about 2 inches apart on each sprayed pan.
- 8 Prepare 1/2 Recipe Cornstarch Wash, Recipe No. D 040 00. Brush on top and sides of each roll.
- 9 PROOF: At 90 F. until double in size, about 40 minutes.
 Using a convection oven, bake at 350 F. for 12 to 15 minutes or until lightly browned on high fan, open vent. Immediately brush with Cornstarch Wash. Cool on wire racks.

Notes

- 1 Rolls may be prepared using semi-automatic bakery equipment (roll divider and rounding machine, bread molder-dough sheeter machine and bun slicer). Follow Step 1. In Step 2, combine 1 1/3 oz (3 tbsp) bakery emulsifier with flour and milk. Follow Steps 3 through 6. In Step 7, divide dough into 5 lb 6 oz pieces. Place in roll divider and rounding machine. Divide into 36 balls. Press 2 balls together to form 4-1/2 oz balls. Let rest 5 to 10 minutes. Feed balls, one at a time into bread molder-dough sheeter machine, with a 9-inch pressure plate. Follow Steps 8 through 10. Slice rolls partially through using bun slicer.

SUBMARINE ROLLS (ROLL MIX)

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
340 cal	61 g	10 g	7 g	0 mg	532 mg	56 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 ROLL,MIX
 WATER,COLD
 COOKING SPRAY,NONSTICK

Weight

8-1/2 oz
 2-1/3 lbs
 19-1/8 lbs
 8-1/3 lbs
 2 oz

Measure

1-1/4 cup
 1 qts 1/2 cup
 1 gal
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir. Prepare roll mix according to directions on package.
- 2 PUNCH: Fold sides into center. Turn dough over. Divide dough into approximately 3 pound pieces. Let rest about 10 minutes.
- 3 Lightly spray each pan with non-stick cooking spray. MAKEUP: Divide each ball into 10 4-1/2 ounce pieces; flatten. Roll up like jelly roll into 1-1/4x8 inch rolls. Place 15 rolls about 2 inches apart on each sprayed pan.
- 4 Prepare 1/2 recipe Cornstarch Wash, Recipe No. D 040 00. Brush on top and sides of each roll.
- 5 PROOF: At 90 F. until double in bulk, about 40 minutes.
- 6 Using a convection oven, bake 12 to 15 minutes at 350 F. or until lightly browned on high fan, open vent. Immediately brush with Cornstarch Wash. Cool on wire racks.

Notes

- 1 Rolls may be prepared using semi-automatic bakery equipment. Follow Step 1. In Step 1, add bakery emulsifier to roll mix. Follow Step 2. In Step 3 divide dough into 5lb 6 oz pieces. Place in roll divider and rounding machine. Divide into 36 balls. Press 2 balls together to form 4-1/2 oz balls. Let rest 5 to 10 minutes. Feed balls one at a time into bread molder-dough sheeter machine, with a 9-inch pressure plate. Follow Steps 4 through 5. Slice rolls partially through using bun slicer.

FRENCH BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	37 g	6 g	2 g	0 mg	328 mg	8 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING

Weight

2 oz
 12-1/2 oz
 4-5/8 lbs
 2-2/3 oz
 3 oz
 10-7/8 lbs
 2-3/4 oz

Measure

1/4 cup 1 tbsp
 1-1/2 cup
 2 qts 3/4 cup
 1/4 cup 2-1/3 tbsp
 1/4 cup 1 tbsp
 2 gal 1 qts
 1/4 cup 2-1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, sugar, salt, and flour in mixer bowl.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid; add yeast solution; mix at medium speed 5 minutes.
- 4 Add shortening; continue mixing at medium speed 3 minutes. Dough temperature should be between 78 F. and 82 F.
- 5 FERMENT: Cover and set in warm place, 80 F. for 2-1/4 hours or until double in bulk.
- 6 PUNCH: Fold sides into center and turn completely over. Let rest 15 minutes.
- 7 MAKE-UP: Scale into 12-19 ounce pieces; shape each piece into a smooth ball; let rest 10 minutes. Form each piece into a rope, 1-1/4 inches in diameter and 18 inches long. Place 3 loaves on each cornmeal dusted pan. Use 1/8 cup cornmeal per pan.
- 8 PROOF: At 90 F. to 100 F. for 50 to 60 minutes or until double in bulk.
- 9 Brush top of each loaf with Cornstarch Wash, Recipe No. D 040 00 or Egg White Wash, Recipe No. D 017 01. Cut 6 diagonal slashes, 1/4-inch deep, on top of each loaf.
 BAKE: 30 minutes at 425 F. or until done.
 When cool, cut 17 one-inch thick slices per loaf.

RAISIN BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	40 g	6 g	2 g	0 mg	264 mg	26 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 MILK,NONFAT,DRY
 CINNAMON,GROUND
 FLAVORING,LEMON
 FLOUR,WHEAT,BREAD
 SHORTENING
 RAISINS

Weight

2-7/8 oz
 1-1/8 lbs
 3-1/8 lbs
 5-1/4 oz
 2-1/3 oz
 3-1/4 oz
 1/2 oz
 1/2 oz
 8-1/8 lbs
 6-1/3 oz
 2-7/8 lbs

Measure

1/4 cup 3 tbsp
 2-1/4 cup
 1 qts 2 cup
 3/4 cup
 1/4 cup
 1-3/8 cup
 2 tbsp
 1 tbsp
 1 gal 2-3/4 qts
 3/4 cup 2 tbsp
 2 qts 1 cup

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand five minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, salt, milk, cinnamon, and lemon flavoring in mixer bowl. Using dough hook, mix at low speed just enough to blend.
- 3 Add flour. Mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. and 82 F.
- 6 Soak raisins in 3 quarts lukewarm water 15 minutes. Drain. Mix at low speed 1 minute.
- 7 FERMENT: Cover and set in a warm place, 80 F. for 2 hours or until double in bulk.
- 8 PUNCH: Fold sides into center and turn dough completely over. Let rest 20 minutes.
- 9 MAKE UP: Scale into approximately 8-2 pound pieces; shape each piece into a smooth ball; let rest 10 minutes. Mold each piece into a loaf; place each loaf into lightly greased bread pan.
 PROOF: At 90 F. to 100 F. for 50 to 60 minutes or until double in bulk.
 BAKE: If convection oven is used, bake at 325 F. for 30 minutes or until done on high fan, closed vent.
 Prepare 1/4 recipe Syrup Glaze, Recipe No. D 045 00 (optional). Brush top of each loaf with hot Syrup Glaze.
 When cool, slice 25 slices (about 1/2 inch thick) per loaf.

Notes

- 1 In Step 9, when using 9x4-1/2x2-3/4 bread pans, scale into 10-25-ounce pieces.

TOASTED GARLIC BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
259 cal	31 g	5 g	13 g	0 mg	487 mg	48 mg

Ingredient

MARGARINE,SOFTENED
GARLIC POWDER
BREAD,FRENCH

Weight

3 lbs
1/2 oz
13 lbs

Measure

1 qts 2 cup
1 tbsp

Issue**Method**

- 1 Place butter or margarine in mixer bowl. Whip at medium speed until creamy. Add garlic powder; blend thoroughly.
- 2 Slice each loaf in half lengthwise. Spread each half loaf with about 2 ounces or 1/4 cup of garlic-butter mixture. Cut each half loaf into 8 slices. Place 5 half loaves on each sheet pan.
- 3 Using a convection oven, bake at 350 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 4 Serve hot.

Notes

- 1 In Step 2, 100 hard rolls may be split and used for 100 portions.

TOASTED PARMESAN BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
277 cal	31 g	7 g	14 g	3 mg	561 mg	103 mg

Ingredient

MARGARINE,SOFTENED
 CHEESE,PARMESAN,GRATED
 BREAD,FRENCH

Weight

3 lbs
 14-1/8 oz
 13 lbs

Measure

1 qts 2 cup
 1 qts

Issue**Method**

- 1 Place butter or margarine in mixer bowl. Whip at medium speed until creamy. Add grated Parmesan cheese; mix thoroughly.
- 2 Slice each loaf in half lengthwise. Spread each half loaf with about 2 ounces or 1/4 cup cheese-butter mixture. Cut each half loaf into 8 slices. Place 5 half loaves on each sheet pan.
- 3 Using a convection oven, bake at 350 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 4 Serve hot.

Notes

- 1 In Step 2, 100 hard rolls may be split and used.

BREADS AND SWEET DOUGHS No.D 007 02
TEXAS TOAST

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
202 cal	31 g	5 g	6 g	0 mg	359 mg	44 mg

Ingredient

BREAD,FRENCH

Weight

13 lbs

Measure

Issue

Method

- 1 Use unsliced French Bread. Diagonally cut each loaf into 8 even slices.
- 2 Using a convection oven, bake at 350 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 3 Serve hot.

Notes

- 1 Toast may be grilled. Place on lightly greased 400 F. griddle Grill 2 to 3 minutes until lightly browned.

WHITE BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	33 g	6 g	2 g	0 mg	334 mg	22 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 MILK,NONFAT,DRY
 FLOUR,WHEAT,BREAD
 SHORTENING

Weight

1-2/3 oz
 12-1/2 oz
 4-1/8 lbs
 5-1/4 oz
 3 oz
 4-1/4 oz
 9-1/3 lbs
 6-1/3 oz

Measure

1/4 cup 1/3 tbsp
 1-1/2 cup
 2 qts
 3/4 cup
 1/4 cup 1 tbsp
 1-3/4 cup
 1 gal 3-3/4 qts
 3/4 cup 2 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, salt, and milk in mixer bowl. Mix at low speed just enough to blend.
- 3 Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 6 FERMENT: Cover and set in warm place, 80 F. for 2 hours or until double in bulk.
- 7 PUNCH: Fold sides into center and turn dough completely over. Let rest 30 minutes.
- 8 MAKE UP: Scale into approximately 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 12 to 15 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into lightly greased pan.
- 9 PROOF: At 90 F. to 100 F. about 1 hour or until double in bulk.
 BAKE: Using a convection oven, bake at 375 F. until done, on low fan with open vent.
 When cool, slice 25 slices, about 1/2 inch thick, per loaf.

Notes

- 1 In Step 8, when using 9 x 4-1/4 x 2-3/4 bread pans, scale into 12-18 ounce pieces.
- 2 For Semi-Automated Equipment: Follow Steps 1 through 7. In Step 8, scale into 8-27-ounce pieces; shape each piece into a smooth ball; let rest 12 to 15 minutes. Using a 10-inch pressure plate, feed balls one at a time into bread molding machine. Pan seam-side down into lightly greased bread pans. Follow Steps 9 through 11.

WHITE BREAD (SHORT-TIME FORMULA)

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	34 g	6 g	2 g	0 mg	217 mg	20 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 SALT

Weight

3 oz
 1 lbs
 3/4 oz
 4-1/8 lbs
 3-5/8 oz
 3-1/2 oz
 7-1/4 lbs
 5-7/8 oz
 2-3/8 lbs
 1-7/8 oz

Measure

1/4 cup 3-1/3 tbsp
 2 cup
 1 tbsp
 2 qts
 1-1/2 cup
 1/2 cup
 1 gal 2 qts
 3/4 cup 1 tbsp
 2 qts
 3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using a dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated; add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 25 to 30 minutes or until double in bulk.
- 8 MAKE UP: Scale into 8-28 ounce pieces. Roll scaled dough to pan size; place 1 loaf into each lightly greased bread pan.
- 9 PROOF: At 90 F. for 25 to 30 minutes or until double in bulk.
 BAKE: Using a convection oven, bake at 400 F. for 3 to 5 minutes on high fan, open vent. Reduce oven temperature to 325 F. and bake 15 to 18 minutes or until done.
 When cool, slice 25 slices, about 1/2-inch thick, per loaf.

Notes

- 1 In Step 8, when using 9 x 4-1/2 x 2-3/4 bread pans, scale into 10-22 ounce pieces.

PUMPKIN BREAD

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
272 cal	40 g	4 g	12 g	30 mg	302 mg	23 mg

Ingredient

Weight

Measure

Issue

EGGS,WHOLE,FROZEN	1-1/2 lbs	2-7/8 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-1/3 lbs	3 qts	
SALT	1-1/4 oz	2 tbsp	
BAKING POWDER	1/3 oz	1/3 tsp	
BAKING SODA	1-1/3 oz	2-2/3 tbsp	
CINNAMON,GROUND	1/3 oz	1 tbsp	
ALLSPICE,GROUND	1/4 oz	1 tbsp	
NUTMEG,GROUND	1/3 oz	1 tbsp	
CLOVES,GROUND	1/4 oz	1 tbsp	
SUGAR,GRANULATED	5-1/4 lbs	3 qts	
OIL,SALAD	1-7/8 lbs	1 qts	
PUMPKIN,CANNED,SOLID PACK	3-3/4 lbs	1 qts 3 cup	
WATER	1 lbs	2 cup	
NUTS,UNSALTED,CHOPPED,COARSELY	10-1/3 oz	2 cup	
RAISINS	10-1/4 oz	2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Beat eggs in mixer bowl at medium speed 3 minutes or until lemon colored.
- 2 Blend flour, salt, baking powder, baking soda, cinnamon, allspice, nutmeg, and cloves together in separate bowl.
- 3 Add flour mixture, sugar, salad oil, pumpkin, water, nuts, and raisins to beaten eggs.
- 4 Beat at low speed about 1/2 minute. Beat 1 minute or until well blended. DO NOT OVER BEAT.
- 5 Lightly spray each pan with non-stick cooking spray. Pour about 7-1/2 cups of batter into each sprayed pan.
- 6 Using a convection oven, bake at 325 F. about 70 minutes or until done on low fan, open vent. Let cool in pans 5 to 10 minutes before removing from pans.
- 7 Cool thoroughly; wrap in waxed paper; store overnight before slicing.
- 8 Cut 25 slices per loaf.

CRUMB CAKE SNICKERDOODLE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
303 cal	46 g	5 g	12 g	36 mg	212 mg	81 mg

Ingredient

Weight

Measure

Issue

SHORTENING	1-1/8 lbs	2-1/2 cup	
SUGAR,GRANULATED	3 lbs	1 qts 2-3/4 cup	
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	5 lbs	1 gal 1/2 qts	
BAKING POWDER	2-3/4 oz	1/4 cup 2 tbsp	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
NUTMEG,GROUND	1/4 oz	1 tbsp	
SALT	3/4 oz	1 tbsp	
WATER	2 lbs	3-3/4 cup	
EXTRACT,VANILLA	3/4 oz	1 tbsp	
RAISINS	1-3/4 lbs	1 qts 1-1/2 cup	
NUTS,UNSALTED,CHOPPED,COARSELY	1-1/4 lbs	1 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SUGAR,BROWN,PACKED	1-1/3 lbs	1 qts 1/4 cup	
MARGARINE	8 oz	1 cup	
CINNAMON,GROUND	1 oz	1/4 cup 1/3 tbsp	
YELLOW CAKE (CRUMBS)		3 cup	

Method

- 1 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 2 Add eggs; beat at medium speed 2 minutes or until light and fluffy.
- 3 Sift together flour, baking powder, milk, nutmeg, and salt.
- 4 Add vanilla to water; add alternately with dry ingredients to mixture. Mix 1-1/2 minutes at low speed.
- 5 Fold raisins and nuts into batter.
- 6 Lightly spray each pan with non-stick cooking spray. Pour about 3-1/2 quarts of batter into each lightly sprayed pan.
- 7 Mix brown sugar, butter or margarine, cinnamon, and cake crumbs until mixture resembles cornmeal. Sprinkle about 1 quart of mixture over batter in each pan.
- 8 Using a convection oven, bake at 300 F. for 20 to 25 minutes or until done on low fan, open vent.
- 9 Cool; cut 6 by 9. If desired, top with Vanilla Glaze, Recipe No. D 046 00.

CRUMB CAKE SNICKERDOODLE (CK MIX, YELLOW)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	36 g	3 g	12 g	11 mg	290 mg	25 mg

Ingredient

CAKE MIX, YELLOW
NUTMEG, GROUND

Weight

10 lbs
1/4 oz

Measure

1 tbsp

Issue

Method

- 1 Prepare mix according to instructions on container.
- 2 Add nutmeg.
- 3 Using a convection oven, bake at 300 F. for 25 minutes or until done on low fan, open vent.

BREADS AND SWEET DOUGHS No.D 013 00
BAGELS

Yield 100

Portion 1 Bagel

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
242 cal	48 g	8 g	2 g	0 mg	375 mg	11 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 COOKING SPRAY,NONSTICK

Weight

3-3/8 oz
 5-3/4 lbs
 7 oz
 3-3/8 oz
 13-7/8 lbs
 2 oz

Measure

1/2 cup
 2 qts 3 cup
 1 cup
 1/4 cup 1-2/3 tbsp
 2 gal 3-1/2 qts
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water in mixer bowl. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Using a wire whip, add sugar and salt to yeast solution; stir until ingredients are dissolved.
- 3 Using a dough hook, add flour; mix at low speed 1 minute or until all flour is incorporated into liquid. Continue mixing at medium speed 13 to 15 minutes until dough is smooth and elastic. (Dough will be very stiff). Dough temperature should be 78 F. to 82 F.
- 4 Cover; let rest 15 minutes.
- 5 Place dough on unfloured work surface; divide dough into 3 ounce pieces; knead briefly; shape into balls by rolling in circular motion on work surface.
- 6 Place balls, in rows 4 by 6, on 4 ungreased sheet pans.
- 7 FERMENT: Cover. Set in warm place (80 F.) about 15 to 20 minutes or until dough increases slightly in bulk.
- 8 MAKE UP: Shape bagels like a doughnut; flatten to 2-1/2-inch circles, 3/4-inch thick. Pinch center of each bagel with thumb and forefinger and pull gently to make a 1-inch diameter hole and a total 3-1/2-inch diameter, keeping uniform shape. Place on 4 ungreased sheet pans in rows 4 by 6 per pan.
- 9 PROOF: At 90 F. until bagels begin to rise, about 20 to 30 minutes.
 Lightly spray 5 sheet pans with non-stick cooking spray. Sprinkle each pan with 1/2 cup cornmeal.
 Add water to steam-jacketed kettle or stock pot; bring to a boil; reduce heat to a simmer. Add 1/2 cup granulated sugar to water. Stir until dissolved. Gently drop bagels, one at a time, into water. Cook 30 seconds; turn; cook 30 seconds. Remove bagels with slotted spoon; drain. Place on sheet pans in rows 4 by 5.
 BAKE: 30 to 35 minutes or until golden brown and crisp in 400 F. oven. Remove from pans; cool on wire racks.

Notes

- 1 In Step 1, a 60-quart mixer should be used for 100 portions as dough is very stiff. If using 20 to 30 quart mixers, prepare no more than 50 portions at a time.
- 2 In Steps 7 and 9, bagels should not double in bulk.
- 3 In Step 12, if convection oven is used, bake at 350 F. for 15 to 20 minutes on high fan, open vent.

CORN BREAD

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	30 g	5 g	8 g	30 mg	359 mg	127 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 CORN MEAL
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

3-7/8 lbs
 3-2/3 lbs
 6 oz
 7 oz
 5-7/8 oz
 1-1/2 oz
 1-1/2 lbs
 7-7/8 lbs
 1-1/2 lbs
 2 oz

Measure

3 qts 2 cup
 3 qts
 2-1/2 cup
 1 cup
 3/4 cup
 2-1/3 tbsp
 2-7/8 cup
 3 qts 3 cup
 3 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add oil; mix at medium speed until blended.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon of batter into each pan.
- 5 Using a convection oven, bake at 375 F. for 20 minutes or until done on low fan, open vent.
- 6 Cool; cut into 6 by 9.

Notes

- 1 In step 1, omit sugar if southern-style cornbread is desired.

CORN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
160 cal	22 g	4 g	6 g	24 mg	252 mg	95 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 CORN MEAL
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

2-7/8 lbs
 2-3/4 lbs
 4-1/2 oz
 5-1/4 oz
 4-3/8 oz
 1 oz
 1-1/4 lbs
 6 lbs
 1-1/8 lbs
 2 oz

Measure

2 qts 2-1/2 cup
 2 qts 1 cup
 1-7/8 cup
 3/4 cup
 1/2 cup 1 tbsp
 1 tbsp
 2-1/4 cup
 2 qts 3-1/2 cup
 2-1/4 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add oil; mix at medium speed until blended.
- 4 Lightly spray 9-12 cup muffin pans with non-stick cooking spray. Fill each cup 2/3 full.
- 5 Bake for 15 to 20 minutes at 425 F. or at 375 F. in a convection oven for 15 minutes or until done on low fan, open vent.

HUSH PUPPIES

Yield 100

Portion 3 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	28 g	5 g	7 g	30 mg	359 mg	129 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 CORN MEAL
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 WATER
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 SHORTENING,VEGETABLE,MELTED

Weight

3-7/8 lbs
 3-2/3 lbs
 6 oz
 5-7/8 oz
 1-1/2 oz
 1-1/2 lbs
 5-3/4 lbs
 2-1/8 lbs
 1/3 oz
 1-1/3 lbs

Measure

3 qts 2 cup
 3 qts
 2-1/2 cup
 3/4 cup
 2-1/3 tbsp
 2-7/8 cup
 2 qts 3 cup
 1 qts 2 cup
 1 tbsp
 3 cup

Issue

2-1/3 lbs

Method

- 1 Blend flour, cornmeal, milk, baking powder, and salt in mixer bowl.
- 2 Combine eggs, water, onions, and pepper; add to ingredients in mixer bowl. Blend at low speed for minute. Scrape down bowl.
- 3 Add shortening; mix at medium speed until blended.
- 4 Drop batter by rounded tablespoon into deep fat at around 360 F.; fry about 3 minutes. Drain on absorbent paper.

JALAPENO CORN BREAD

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
224 cal	30 g	5 g	9 g	33 mg	391 mg	143 mg

Ingredient

Weight

Measure

Issue

FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
CORN MEAL	3-2/3 lbs	3 qts	
MILK,NONFAT,DRY	6 oz	2-1/2 cup	
SUGAR,GRANULATED	7 oz	1 cup	
BAKING POWDER	5-7/8 oz	3/4 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
EGGS,WHOLE,FROZEN	1-1/2 lbs	2-7/8 cup	
WATER	7-7/8 lbs	3 qts 3 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
CORN,CANNED,WHOLE KERNEL,DRAINED	11-5/8 oz	2 cup	
CHEESE,CHEDDAR,GRATED	8 oz	2 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	2-3/8 oz	1/2 cup	
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add shortening, drained corn, cheese, drained jalapeno peppers, and onions to mixture. Blend only until ingredients are distributed throughout mixture.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 4-3/4 quarts batter into each pan.
- 5 Bake for 30 minutes at 425 F. or at 375 F. in a convection oven 20 minutes or until done on low fan, open vent.
- 6 Cool, cut 6 by 9.

CORN BREAD (CORN BREAD MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	36 g	4 g	7 g	1 mg	567 mg	29 mg

Ingredient

CORN BREAD MIX
COOKING SPRAY, NONSTICK

Weight

11-1/4 lbs
2 oz

Measure

2 gal 1/3 qts
1/4 cup 1/3 tbsp

Issue

Method

- 1 Prepare mix according to instructions on container.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon of batter into each pan.
- 3 Bake 20 to 25 minutes at 425 F. or if a convection oven is used, bake at 375 F. for 20 minutes or until done on low fan, open vent or until done.
- 4 Cool; cut 6 by 9.

Notes

- 1 Cornbread Mix is a slightly sweetened product. In Step 1, 2-1/8 cup of granulated sugar may be added to mix if a sweeter product is desired.

CORN MUFFINS (CORN BREAD MIX)

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	32 g	3 g	5 g	1 mg	454 mg	23 mg

Ingredient

CORN BREAD MIX
 SUGAR, GRANULATED
 COOKING SPRAY, NONSTICK

Weight

9 lbs
 12-1/3 oz
 2 oz

Measure

1 gal 2-2/3 qts
 1-3/4 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Prepare Cornbread Mix and combine with granulated sugar.
- 2 Lightly spray 9-12 cup muffin pans with non-stick cooking spray. Fill each cup 2/3 full.
- 3 Bake 15 to 20 minutes at 425 F. or in a 375 F. convection oven for 15 minutes or until done on low fan, open vent.

HUSH PUPPIES (CORN BREAD MIX)

Yield 100

Portion 3 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	36 g	4 g	11 g	1 mg	567 mg	31 mg

Ingredient

CORN BREAD MIX
ONIONS,FRESH,CHOPPED
PEPPER,BLACK,GROUND

Weight

11-1/4 lbs
2-1/8 lbs
1/3 oz

Measure

2 gal 1/3 qts
1 qts 2 cup
1 tbsp

Issue

2-1/3 lbs

Method

- 1 Prepare mix according to instructions on container. Add finely chopped onions and black or white pepper.
- 2 Drop batter by rounded tablespoon into deep fat, at around 360 F.; fry about 3 minutes. Drain on absorbent paper.

JALAPENO CORN BREAD (CORN BREAD MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	36 g	4 g	8 g	3 mg	599 mg	46 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CORN BREAD MIX	11-1/4 lbs	2 gal 1/3 qts	
CORN,CANNED,WHOLE KERNEL,DRAINED	11-5/8 oz	2 cup	
CHEESE,CHEDDAR,GRATED	8 oz	2 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	2-3/8 oz	1/2 cup	
ONIONS,FRESH,GRATED	2-7/8 oz	1/2 cup	3-1/8 oz
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Prepare mix according to instructions on container. Add drained whole kernel corn, grated Cheddar or American cheese, jalapeno peppers, and onions. Blend only until ingredients are distributed.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 4-3/4 quarts of batter into each pan.
- 3 Bake 30 minutes at 425 F. or in a 375 F. convection oven for 20 minutes or until done on low fan, open vent.
- 4 Cool; cut 6 by 9.

BREADS AND SWEET DOUGHS No.D 016 00
CROUTONS

Yield 100

Portion 8 Croutons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
24 cal	4 g	1 g	0 g	0 mg	49 mg	10 mg

Ingredient

BREAD,WHITE,STALE,SLICED

Weight

2 lbs

Measure

1 gal 2-1/2 qts

Issue

Method

- 1 Trim crusts from bread; cut bread into 1/2-inch cubes.
- 2 Place bread cubes on sheet pans. Brown lightly in 325 F. oven, about 20 to 25 minutes or in 375 F. convection oven, about 6 minutes on high fan, open vent.

Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallons lightly browned croutons.

GARLIC CROUTONS

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
49 cal	4 g	1 g	3 g	8 mg	77 mg	11 mg

Ingredient

BREAD,WHITE,STALE,SLICED
 BUTTER,MELTED
 GARLIC CLOVES,FRESH,MINCED

Weight

2 lbs
 12 oz
 1/8 oz

Measure

1 gal 2-1/2 qts
 1-1/2 cup
 1/4 tsp

Issue**Method**

- 1 Trim crusts from bread; cut bread into 1/2-inch cubes.
- 2 Place bread cubes on sheet pans. Brown lightly in 325 F. oven, about 20 to 25 minutes or in 375 F. convection oven for about 6 minutes on high fan, open vent.
- 3 Melt butter or margarine; blend in minced garlic. Pour mixture evenly over lightly browned croutons in steam table pans; toss lightly.

Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallon lightly browned croutons.

PARMESAN CROUTONS

Yield 100

Portion 8 Croutons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
55 cal	4 g	1 g	4 g	9 mg	105 mg	31 mg

Ingredient

BREAD,WHITE,STALE,SLICED
 BUTTER,MELTED
 CHEESE,PARMESAN,GRATED

Weight

2 lbs
 12 oz
 5-1/4 oz

Measure

1 gal 2-1/2 qts
 1-1/2 cup
 1-1/2 cup

Issue

Method

- 1 Trim crusts from bread; cut bread into 1/2-inch cubes.
- 2 Place bread cubes on sheet pans. Brown lightly in 325 F. oven, 20 to 25 minutes or in 375 F. convection oven, 6 minutes on high fan, open vent.
- 3 Melt butter or margarine; blend in grated Parmesan cheese. Pour mixture over lightly browned croutons in steam table pans; toss lightly.

Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallon lightly browned croutons.

BREADS AND SWEET DOUGHS No.D 017 00
EGG WASH

Yield 100

Portion 3 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
428 cal	16 g	36 g	23 g	989 mg	457 mg	458 mg

Ingredient

EGGS,WHOLE,FROZEN
MILK,NONFAT,DRY
WATER

Weight

8 oz
7/8 oz
1 lbs

Measure

3/4 cup 3 tbsp
1/4 cup 2-1/3 tbsp
2 cup

Issue

Method

- 1 Combine eggs, milk, and water; mix well. CCP: Refrigerate at 41 F. or lower until ready to use.
- 2 Brush over shaped dough before or after proofing.

Notes

- 1 In Step 1, 2-1/2 ounces canned dehydrated egg mix combined with 3/4 cup warm water may be used for whole eggs.

EGG WHITE WASH

Yield 100

Portion 3 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
81 cal	2 g	17 g	0 g	0 mg	280 mg	20 mg

Ingredient

EGG WHITES
WATER

Weight

5-2/3 oz
1-1/8 lbs

Measure

1/2 cup 2-2/3 tbsp
2-1/4 cup

Issue

Method

- 1 Beat egg whites and water together. CCP: Refrigerate at 41 F. or lower until ready for use.
- 2 Brush over shaped dough before or after proofing.

CAKE DOUGHNUTS (HOMEMADE)

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	26 g	3 g	7 g	24 mg	197 mg	78 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp

Issue**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

SUGAR COATED DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
203 cal	31 g	3 g	7 g	24 mg	197 mg	78 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA
 SUGAR,GRANULATED

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz
 1 lbs

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp
 2-1/4 cup

Issue**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8 inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper. While doughnuts are warm, roll in granulated sugar or in sifted powdered sugar.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

BREADS AND SWEET DOUGHS No.D 018 02
CAKE DOUGHNUTS (DOUGHNUT MIX)

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	31 g	4 g	7 g	0 mg	323 mg	36 mg

Ingredient

DOUGHNUT MIX,CANNED

Weight

9 lbs

Measure

1 gal 4 qts

Issue

Method

- 1 Use canned Doughnut Mix. Prepare according to instructions on container.

CHOCOLATE DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
190 cal	27 g	4 g	8 g	24 mg	198 mg	80 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 COCOA
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA

Weight

5-1/2 lbs
 6-1/8 oz
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz

Measure

1 gal 1 qts
 2 cup
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp

Issue

Method

- 1 Sift together flour, cocoa, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper towels. Glaze or coat if desired.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

CINNAMON SUGAR DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	28 g	3 g	3 g	24 mg	198 mg	81 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA
 CINNAMON SUGAR FILLING

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp
 2 cup

Issue**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8 inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper towels. While doughnuts are still warm, roll in Cinnamon Sugar Filling, Recipe No. D 042 00.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

GLAZED NUT DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
298 cal	47 g	5 g	11 g	26 mg	208 mg	82 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA
 VANILLA GLAZE
 NUTS,UNSALTED,CHOPPED,COARSELY

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz
 1 lbs

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp
 2-3/4 cup
 3-1/8 cup

Issue**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.
- 8 Prepare Vanilla Glaze, Recipe No. D 046 00. Keep glaze warm; dip 1 side of doughnut into glaze, then into chopped, unsalted nuts. Place on racks to drain.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

GLAZED COCONUT DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	49 g	4 g	10 g	26 mg	222 mg	79 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA
 VANILLA GLAZE
 COCONUT,PREPARED,SWEETENED FLAKES

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz
 1-1/4 lbs

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp
 2-3/4 cup
 1 qts 2 cup

Issue**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.
- 8 Prepare Vanilla Glaze, Recipe No D 046 00. Keep glaze warm; dip 1 side of doughnut into glaze, then into prepared, sweetened flaked coconut. Place on racks to drain.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

GLAZED DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	34 g	3 g	8 g	25 mg	201 mg	78 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 NUTMEG,GROUND
 SHORTENING
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 EXTRACT,VANILLA
 VANILLA GLAZE

Weight

5-1/2 lbs
 3-7/8 oz
 1-5/8 oz
 5/8 oz
 1/4 oz
 7-1/4 oz
 1-1/2 lbs
 1-1/4 lbs
 2 lbs
 1/2 oz

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 3-3/8 cup
 2-1/4 cup
 3-3/4 cup
 1 tbsp
 2-3/4 cup

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.
- 8 Prepare Vanilla Glaze, Recipe No. D 046 00. Keep glaze warm; dip doughnuts to cover. Place on racks to drain.

Notes

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

RAISED DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER,COLD
 EXTRACT,VANILLA
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 NUTMEG,GROUND

Weight

3-3/4 oz
 1-5/8 lbs
 1 lbs
 1-1/2 oz
 9 oz
 8-5/8 oz
 1-1/4 lbs
 1-3/8 oz
 3-7/8 lbs
 2-1/4 lbs
 1-3/4 oz
 1/4 oz

Measure

1/2 cup 1 tbsp
 3 cup
 2-1/4 cup
 2-1/3 tbsp
 1-1/4 cup
 1 cup
 2-3/8 cup
 3 tbsp
 3 qts 1 cup
 2 qts
 3/4 cup
 1 tbsp

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 pieces (3 lb 8 oz); shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece to 1/2-inch thickness. Cut with floured 3 inch doughnut cutter.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn; fry on other side. Drain on absorbent paper.
- 10 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00, or dip in Vanilla Glaze, Almond Glaze, or Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

BEIGNETS (NEW ORLEANS DOUGHNUTS)

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	38 g	5 g	13 g	13 mg	219 mg	17 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER,COLD
 EXTRACT,VANILLA
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 SUGAR,POWDERED,SIFTED

Weight

5-1/8 oz
 2 lbs
 1-1/4 lbs
 1-7/8 oz
 10-7/8 oz
 10-3/4 oz
 1-1/2 lbs
 1-7/8 oz
 4-7/8 lbs
 2-3/4 lbs
 2-3/8 oz
 1-1/3 lbs

Measure

3/4 cup
 3-3/4 cup
 2-3/4 cup
 3 tbsp
 1-1/2 cup
 1-1/4 cup
 2-3/4 cup
 1/4 cup 1/3 tbsp
 1 gal
 2 qts 2 cup
 1 cup
 1 qts 1 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours and milk; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover and set in warm place, about 80 F., 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into even pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece onto a rectangular sheet, about 18 inches wide, 29 inches long, and 1/8-inch thick. Cut 6 by 9.
- 8 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.
- 9 Sprinkle with sifted powdered sugar.

RAISED DOUGHNUTS (SWEET DOUGH MIX)

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
194 cal	29 g	6 g	8 g	0 mg	323 mg	13 mg

Ingredient

SWEET DOUGH MIX
 YEAST,ACTIVE,DRY
 EXTRACT,VANILLA
 NUTMEG,GROUND
 WATER
 SUGAR,POWDERED,SIFTED

Weight

9 lbs
 3-3/4 oz
 1/3 oz
 1/8 oz
 3-1/8 lbs
 1 lbs

Measure

2 gal 1/8 qts
 1/2 cup 1 tbsp
 1/3 tsp
 1/3 tsp
 1 qts 2 cup
 1 qts

Issue

Method

- 1 Prepare doughnuts according to directions on the container of Sweet Dough Mix.
- 2 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00, or dip in Vanilla Glaze, Almond Glaze, or Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

LONGJOHNS

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER,COLD
 EXTRACT,VANILLA
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 NUTMEG,GROUND

Weight

3-3/4 oz
 1-5/8 lbs
 1 lbs
 1-1/2 oz
 9 oz
 8-5/8 oz
 1-1/4 lbs
 1-3/8 oz
 3-7/8 lbs
 2-1/4 lbs
 1-3/4 oz
 1/4 oz

Measure

1/2 cup 1 tbsp
 3 cup
 2-1/4 cup
 2-1/3 tbsp
 1-1/4 cup
 1 cup
 2-3/8 cup
 3 tbsp
 3 qts 1 cup
 2 qts
 3/4 cup
 1 tbsp

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover and set in warm place (80 F.), 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 (3 lb 8 oz) pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece into rectangular strips, 5 inches wide, 50 inches long, and 1/2-inch thick; cut into strips 1 inch wide.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.
 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00 or dip in Vanilla Glaze, Rum Glaze, Almond Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

BREADS AND SWEET DOUGHS No.D 019 04
CRULLERS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER,COLD
 EXTRACT,VANILLA
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 NUTMEG,GROUND

Weight

3-3/4 oz
 1-5/8 lbs
 1 lbs
 1-1/2 oz
 9 oz
 8-5/8 oz
 1-1/4 lbs
 1-3/8 oz
 3-7/8 lbs
 2-1/4 lbs
 1-3/4 oz
 1/4 oz

Measure

1/2 cup 1 tbsp
 3 cup
 2-1/4 cup
 2-1/3 tbsp
 1-1/4 cup
 1 cup
 2-3/8 cup
 3 tbsp
 3 qts 1 cup
 2 qts
 3/4 cup
 1 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 (3 lb 8 oz) pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece into rectangular strips, 8 inches wide, 28 to 30 inches long, and 1/2-inch thick. Cut into strips 1/2-inch wide; fold in half, seal end, and twist into spiral shape.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.
 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00 or dip in Vanilla Glaze, Almond Glaze, Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

BREADS AND SWEET DOUGHS No.D 020 00
DUMPLINGS

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	26 g	3 g	6 g	1 mg	521 mg	73 mg

Ingredient

BISCUIT MIX

Weight

9 lbs

Measure

2 gal 1/2 qts

Issue

Method

- 1 Mix according to instructions on container.
- 2 Drop a scant 1/8-cup batter on top of simmering stew or into shallow simmering stock. Cover; cook 15 minutes. DO NOT remove cover during cooking time.

Notes

- 1 Shallow simmering stock should not be more than 1 inch in depth.

ENGLISH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
281 cal	43 g	8 g	8 g	20 mg	130 mg	25 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SUGAR,GRANULATED
 SALT
 SHORTENING,SOFTENED
 WATER,WARM
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 FLOUR,WHEAT,BREAD
 EGGS,WHOLE,FROZEN

Weight

2-7/8 oz
 1-1/8 lbs
 3/4 oz
 4 oz
 1 oz
 1-1/2 lbs
 4-1/3 lbs
 1-3/4 lbs
 3-5/8 oz
 10-5/8 lbs
 1 lbs

Measure

1/4 cup 3 tbsp
 2-1/4 cup
 1 tbsp
 1/2 cup 1 tbsp
 1 tbsp
 3-3/8 cup
 2 qts 1/4 cup
 1 qts 2 cup
 1-1/2 cup
 2 gal 3/4 qts
 1-7/8 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes, then stir again. Set aside for use in Step 3.
- 2 Place sugar, salt, and shortening in mixer bowl. Add water; stir until shortening is melted.
- 3 Sift together flour and milk; add to sugar and shortening mixture. Beat at medium speed until smooth. Add yeast solution.
- 4 Add 1/2 of the flour mixture; mix well. Add eggs, two at a time, beating well after each addition. Add 2 remaining flour; beat to form a smooth dough.
- 5 FERMENT: Cover; set in a warm place (80 F.), 1-1/2 to 2 hours or until double in bulk.
- 6 PUNCH: Let stand 1 hour.
- 7 MAKE UP: Divide dough into 5 balls. Let rest 10 minutes. Roll dough to 1/2-inch thickness. Cut each dough piece into 20-4 inch circles.
- 8 Place cut circles in rows 4 by 6 about 1 inch apart on pans, which have been sprinkled lightly with cornmeal, about 1/2 cup per pan.
- 9 PROOF: At 80 F. for 45 minutes or until double in size.
 BAKE: Brown muffins on lightly greased griddle 5 minutes per side. Place browned muffins on sheet pans; bake 15 to 20

CINNAMON RAISIN ENGLISH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
321 cal	53 g	8 g	8 g	20 mg	132 mg	34 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SUGAR,GRANULATED
 SALT
 SHORTENING,SOFTENED
 WATER,WARM
 CINNAMON,GROUND
 RAISINS
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 FLOUR,WHEAT,BREAD
 EGGS,WHOLE,FROZEN

Weight

2-7/8 oz
 1-1/8 lbs
 3/4 oz
 4 oz
 1 oz
 1-1/2 lbs
 4-1/3 lbs
 3/4 oz
 2-7/8 lbs
 1-3/4 lbs
 3-5/8 oz
 10-5/8 lbs
 1 lbs

Measure

1/4 cup 3 tbsp
 2-1/4 cup
 1 tbsp
 1/2 cup 1 tbsp
 1 tbsp
 3-3/8 cup
 2 qts 1/4 cup
 3 tbsp
 2 qts 1 cup
 1 qts 2 cup
 1-1/2 cup
 2 gal 3/4 qts
 1-7/8 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes, then stir again. Set aside for use in Step 3.
- 2 Place sugar, salt, and shortening in mixer bowl. Add water; stir until shortening is melted.
- 3 Sift together flour, cinnamon, raisins, and milk; add to sugar and shortening mixture. Beat at medium speed until smooth. Add yeast solution.
- 4 Add 1/2 of the flour mixture; mix well. Add eggs, two at a time, beating well after each addition. Add remaining flour; beat to form a smooth dough.
- 5 FERMENT: Cover and set in a warm place, about 80 F., 1-1/2 to 2 hours or until double in bulk.
- 6 PUNCH: Let stand 1 hour.
- 7 MAKE UP: Divide dough into 5 balls. Let rest 10 minutes. Roll dough to 1/2-inch thickness. Cut each dough piece into 20-4 inch circles.
- 8 Place cut circles in rows 4 by 6 about 1 inch apart on pans, which have been sprinkled lightly with cornmeal, using about 1/2 cup per pan.
- 9 PROOF: At 80 F. for 45 minutes or until double in size.
 BAKE: Brown muffins on lightly greased griddle 5 minutes per side. Place browned muffins on sheet pans; bake 15 to 20 minutes.

FRENCH TOAST

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	29 g	9 g	6 g	148 mg	324 mg	94 mg

Ingredient

WATER
 SUGAR, GRANULATED
 MILK, NONFAT, DRY
 EGGS, WHOLE, FROZEN
 BREAD, WHITE, SLICED
 COOKING SPRAY, NONSTICK

Weight

5-3/4 lbs
 10-5/8 oz
 5-5/8 oz
 7-1/2 lbs
 11 lbs
 2 oz

Measure

2 qts 3 cup
 1-1/2 cup
 2-3/8 cup
 3 qts 2 cup
 200 sl
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Place water in a mixer bowl.
- 2 Combine water, milk and sugar; blend well. Whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray grill with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown.
 CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

FRENCH TOAST (THICK SLICE)

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
305 cal	48 g	12 g	6 g	147 mg	573 mg	104 mg

Ingredient

WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 BREAD,FRENCH,THICK SLICE
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 5-5/8 oz
 10-5/8 oz
 7-1/2 lbs
 18-3/4 lbs
 2 oz

Measure

2 qts 3 cup
 2-3/8 cup
 1-1/2 cup
 3 qts 2 cup
 200 sl
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Place water in mixer bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Cut each loaf diagonally into 16 slices, 3/4 inch thick (ends removed). Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

ENGLISH MUFFIN FRENCH TOAST

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	30 g	9 g	5 g	147 mg	319 mg	139 mg

Ingredient

WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 ENGLISH MUFFINS,SPLIT OR CUT
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 5-5/8 oz
 10-5/8 oz
 7-1/2 lbs
 12-5/8 lbs
 2 oz

Measure

2 qts 3 cup
 2-3/8 cup
 1-1/2 cup
 3 qts 2 cup
 100 each
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Place water in mixer bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Cut muffins in half; dip split muffins in batter 30 seconds. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place muffins on griddle, cut side down. Grill about 3 minutes; turn, grill on crust side about 1-1/2 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

FRENCH TOAST (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	29 g	8 g	4 g	69 mg	324 mg	85 mg

Ingredient

WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 EGG WHITES,FROZEN,THAWED
 EGGS,WHOLE,FROZEN
 BREAD,WHITE,SLICED
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 5-5/8 oz
 10-5/8 oz
 3-1/2 lbs
 3-1/2 lbs
 11 lbs
 2 oz

Measure

2 qts 3 cup
 2-3/8 cup
 1-1/2 cup
 1 qts 2-1/2 cup
 1 qts 2-1/2 cup
 200 sl
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Place water in mixing bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add whole eggs and egg whites to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown.
 CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

FRENCH TOAST PUFF

Yield 100

Portion 2 Halves

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	48 g	7 g	6 g	30 mg	570 mg	175 mg

Ingredient

EGGS,WHOLE,FROZEN
 SUGAR,GRANULATED
 SALT
 EXTRACT,VANILLA
 MILK,NONFAT,DRY
 WATER,WARM
 FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 BREAD,WHITE,SLICE

Weight

1-1/2 lbs
 1-1/4 lbs
 1-7/8 oz
 1-1/4 oz
 6-7/8 oz
 7-7/8 lbs
 8-1/4 lbs
 6-3/4 oz
 5-1/2 lbs

Measure

2-3/4 cup
 2-3/4 cup
 3 tbsp
 2-2/3 tbsp
 2-7/8 cup
 3 qts 3 cup
 1 gal 3-1/2 qts
 3/4 cup 2 tbsp
 100 sl

Issue

Method

- 1 Combine eggs, sugar, salt, vanilla, milk, and water in mixer bowl. Beat at medium speed until well blended.
- 2 Add slowly flour and baking powder; mix at medium speed until smooth.
- 3 Cut bread in half diagonally. Dip half slices of bread in batter. Drain.
- 4 Fry until golden brown. Drain on absorbent paper.

Notes

- 1 In Step 5, serve with maple, blueberry or strawberry syrup, marmalade, jam, or jelly.
- 2 In Step 5, serve with well-drained canned sliced peaches, fruit cocktail or thawed, well-drained strawberries.
- 3 Puffs, while warm, may be rolled in Cinnamon Sugar Filling, Recipe No. D 042 00 or dusted with powdered sugar.

APPLE FRITTERS

Yield 100

Portion 2 Fritters

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
248 cal	34 g	3 g	12 g	20 mg	273 mg	73 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 NUTMEG,GROUND
 CINNAMON,GROUND
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 APPLES,CANNED,SLICED,DRAINED
 SUGAR,POWDERED,SIFTED

Weight

4 lbs
 3-1/4 oz
 3-1/4 oz
 1-1/2 oz
 1-1/4 lbs
 1/4 oz
 1/4 oz
 1 lbs
 3-3/4 lbs
 5-3/4 oz
 6 lbs
 2-1/8 lbs

Measure

3 qts 2-1/2 cup
 1/4 cup 3 tbsp
 1-3/8 cup
 2-1/3 tbsp
 2-3/4 cup
 1 tbsp
 1 tbsp
 1-7/8 cup
 1 qts 3-1/4 cup
 3/4 cup
 3 qts
 2 qts

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, sugar, nutmeg, and cinnamon into mixer bowl.
- 2 Combine eggs, water, shortening or salad oil, and add to dry ingredients. Mix at low speed until well blended.
- 3 Drain apples and chop apples coarsely; add to batter; mix lightly.
- 4 Using a well rounded tablespoon, drop batter into deep fat. Fry 4 to 6 minutes. Drain on absorbent paper. Sprinkle with sifted powdered sugar.

Notes

- 1 In Step 3, 6 lb (7 lb 11 oz A.P.) pared, cored and diced fresh apples may be used per 100 portions.

BREADS AND SWEET DOUGHS No.D 025 00
PANCAKES

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
253 cal	41 g	7 g	6 g	53 mg	512 mg	207 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

9-7/8 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs
 2 oz

Measure

2 gal 1 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Lightly spray griddle with non-stick spray. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

BUTTERMILK PANCAKES (DRY BUTTERMILK)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
281 cal	44 g	10 g	7 g	60 mg	478 mg	211 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,BUTTERMILK,DRY
 BAKING SODA
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

9-7/8 lbs
 3-7/8 oz
 2-3/8 lbs
 1 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs
 2 oz

Measure

2 gal 1 qts
 1/2 cup
 1 qts 1/2 cup
 2 tbsp
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, dry buttermilk, salt, sugar, and baking soda.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Lightly spray griddle with non-stick cooking spray. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

BLUEBERRY PANCAKES

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
265 cal	43 g	8 g	7 g	53 mg	512 mg	209 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 BLUEBERRIES,FROZEN,UNSWEETENED
 COOKING SPRAY,NONSTICK

Weight

9-7/8 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs
 5-1/8 lbs
 2 oz

Measure

2 gal 1 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup
 3 qts 3 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute. Use partially thawed frozen blueberries, or drain and rinse canned blueberries in cold water. Drain thoroughly and fold into batter.
- 4 Lightly spray non-stick cooking spray on griddle. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes. Stir between batches to redistribute berries.

BUTTERMILK PANCAKES (PANCAKE MIX)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	48 g	7 g	8 g	14 mg	827 mg	164 mg

Ingredient

PANCAKE MIX,BUTTERMILK

Weight

12-1/2 lbs

Measure

3 gal 1-1/8 qts

Issue

Method

- 1 Prepare pancakes according to instructions on container.

PANCAKES (PANCAKE MIX)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	42 g	6 g	3 g	12 mg	716 mg	142 mg

Ingredient

PANCAKE MIX

Weight

13 lbs

Measure

2 gal 3-1/3 qts

Issue

Method

- 1 Prepare pancakes according to instructions on container.

WAFFLES, FROZEN (BROWN AND SERVE)

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
176 cal	27 g	4 g	6 g	22 mg	524 mg	155 mg

Ingredient

WAFFLES,BROWN & SERVE,FROZEN

Weight

15-3/8 lbs

Measure

200 each

Issue

Method

- 1 Prepare according to instructions on container.

WAFFLES (PANCAKE MIX)

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	42 g	6 g	3 g	12 mg	716 mg	142 mg

Ingredient

PANCAKE MIX

Weight

13 lbs

Measure

2 gal 3-1/3 qts

Issue

Method

- 1 Prepare waffles according to instructions on container.

BREADS AND SWEET DOUGHS No.D 025 08
WAFFLES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
253 cal	41 g	7 g	6 g	53 mg	512 mg	207 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD

Weight

9-7/8 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs

Measure

2 gal 1 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup

Issue

Method

- 1 Sift together both flours, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/2 cup batter on preheated waffle iron. Bake until steaming stops, about 3 to 4 minutes.

WHOLE WHEAT PANCAKES

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
236 cal	37 g	8 g	7 g	53 mg	513 mg	210 mg

Ingredient

FLOUR,WHOLE WHEAT
 FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD

Weight

4-1/4 lbs
 5 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs

Measure

1 gal
 1 gal 1/2 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup

Issue

Method

- 1 Sift together both flours, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

PANCAKES (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	41 g	7 g	6 g	27 mg	513 mg	204 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 WATER
 OIL,SALAD

Weight

9-7/8 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 1-1/3 lbs
 1-1/3 lbs
 13 lbs
 1 lbs

Measure

2 gal 1 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 2-1/2 cup
 2-1/2 cup
 1 gal 2-1/4 qts
 2 cup

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

PANCAKES (EGG SUBSTITUTE)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
246 cal	41 g	8 g	6 g	1 mg	518 mg	207 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGG SUBSTITUTE,PASTEURIZED
 WATER
 OIL,SALAD

Weight

9-7/8 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-3/4 lbs
 13 lbs
 1 lbs

Measure

2 gal 1 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add egg substitute and water. Mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn over and cook on other side 1-1/2 to 2 minutes.

BREADS AND SWEET DOUGHS No.D 026 00
HOT CROSS BUNS

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
147 cal	28 g	5 g	3 g	0 mg	270 mg	17 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SWEET DOUGH MIX
 RAISINS
 CINNAMON,GROUND
 CLOVES,GROUND
 NUTMEG,GROUND
 COOKING SPRAY,NONSTICK

Weight

2-1/4 oz
 3-1/8 lbs
 7-1/2 lbs
 2-1/4 lbs
 1/2 oz
 <1/16th oz
 <1/16th oz
 2 oz

Measure

1/4 cup 1-2/3 tbsp
 1 qts 2 cup
 1 gal 2-7/8 qts
 1 qts 3 cup
 2 tbsp
 <1/16th tsp
 <1/16th tsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Add Sweet Dough Mix, raisins, cinnamon, cloves, and nutmeg.
- 3 Using dough hook, mix at low speed until water is absorbed. Mix at medium speed until dough is developed and cleans the bowl. Dough temperature should be 78 F. to 82 F.
- 4 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 to 2 hours or until double in bulk.
- 5 PUNCH: Divide dough into 8-2 pound pieces on lightly floured work surface; shape each piece into a smooth ball. Let rest 10 to 20 minutes.
- 6 MAKE-UP: Roll each piece into a long rope of uniform diameter. Cut rope into pieces about 1 inch thick, weighing 1-1/2 ounces each. Shape into balls by rolling with circular motion on work surface.
- 7 Lightly spray pans with non-stick cooking spray. Place on pans in rows 6 by 9. Prepare 1/8 recipe Egg Wash, Recipe No. D 017 00. Brush buns in each pan with wash.
- 8 PROOF: At 90 F. to 100 F. about 45 minutes or until almost double in bulk.
- 9 BAKE: 30 minutes at 400 F. or until lightly browned. If convection oven is used, bake at 350 F. for 10 minutes on high fan, closed vent.
- 10 Prepare 1/8 recipe Syrup Glaze, Recipe No. D 045 00 per 100 servings. Brush buns in each pan with 1/4 cup hot glaze immediately after removal from oven.
- 11 When cool, prepare 1/8 recipe Decorator's Frosting, Recipe No. G 007 00 per 100 servings. Frost each bun with frosting in a cross design using a pastry bag with a small plain tip.

Notes

- 1 In Step 2, 1 tbsp lemon flavoring may be added per 100 servings.

BREADS AND SWEET DOUGHS No.D 027 00
KOLACHES

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
240 cal	39 g	5 g	7 g	20 mg	177 mg	21 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 CHERRY FILLING (PIE FILLING, PREPARED)

Weight

5-1/8 oz
 1-7/8 lbs
 7/8 oz
 1-1/4 lbs
 1-1/2 oz
 1-1/3 lbs
 1 lbs
 2-1/8 lbs
 7-1/4 lbs
 2-2/3 oz
 2-3/4 kg

Measure

3/4 cup
 3-1/2 cup
 2 tbsp
 2-3/4 cup
 2-1/3 tbsp
 3 cup
 1-7/8 cup
 1 qts
 1 gal 2 qts
 1-1/8 cup
 3 unit

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes; stir again. Set aside for use in Step 3.
- 2 Mix sugar, salt, and shortening in mixer bowl at medium speed 1 minute.
- 3 Blend in eggs, water, and yeast solution at low speed.
- 4 Sift flour and milk together, add to egg mixture. Mix at low speed 7 to 10 minutes or until dough is formed.
- 5 FERMENT: Set in warm place (80 F.) for about 1 hour.
- 6 PUNCH: Let rest 10 minutes. Divide dough into 2 pieces. Shape each piece into a smooth ball; let rest 10 minutes.
- 7 MAKE UP: Form into a rope 1-1/2 inches in diameter. Cut into 1-1/2 inch pieces. Shape into 2-ounce balls. Place 2 inches apart on greased pans. Flatten out slightly with palm of hand.
- 8 PROOF: About 30 minutes or until pieces are double in bulk.
- 9 Press down center of each piece with back of spoon. Leave a rim about 1/4-inch wide.
- 10 Fill center of each Kolache with about 1 ounce (2 tbsp) of Cherry Filling, Recipe No. D 041 01.
- 11 Brush rim with Egg Wash, Recipe No. D 017 00.
- 12 PROOF: 20 minutes at 350 F. or until double in bulk.
- 13 BAKE: At 350 F. for 25 minutes or until done. For convection oven, bake 15 minutes at 300 F.
- 14 If desired, cool; sprinkle with 1 lb (3 1/2 cups) sifted powder sugar or brush out edges with 1 recipe Vanilla Glaze (Recipe No. D 046 00) per 100 servings.

Notes

- 1 In Step 10, 7 lb (1-No. 10 cn) prepared pie filling, apple, blueberry, cherry or peach, or bakery filling, raspberry, may be used, per 100 servings.

KOLACHES (SWEET DOUGH MIX)

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	32 g	6 g	3 g	0 mg	325 mg	15 mg

Ingredient

SWEET DOUGH MIX
 YEAST,ACTIVE,DRY
 CHERRY FILLING (PIE FILLING, PREPARED)

Weight

9 lbs
 3-3/4 oz
 2-3/4 kg

Measure

2 gal 1/8 qts
 1/2 cup 1 tbsp
 3 unit

Issue

Method

- 1 Use sweet dough mix and active dry yeast. Prepare dough according to instructions on container.
- 2 PUNCH: Let rest 10 minutes. Divide dough into 2 pieces. Shape each piece into a smooth ball; let rest 10 minutes.
- 3 MAKE UP: Form into a rope 1-1/2 inches in diameter. Cut into 1-1/2 inch pieces. Shape into 2-ounce balls. Place 2 inches apart on greased pans. Flatten out slightly with palm of hand.
- 4 PROOF: About 30 minutes or until pieces are double in size.
- 5 Press down center of each piece with back of spoon. Leave a rim about 1/4-inch wide.
- 6 Fill center of each Kolache with about 1 ounce (2 tbsp) filling. Use 1 recipe Cherry Filling (Recipe No. D 041 01).
- 7 Brush rim with Egg Wash, Recipe No. D 017 00.
- 8 PROOF: 20 minutes or until double in size.
- 9 BAKE: 25 minutes at 350 F. or until done. For convection oven, bake 15 minutes at 300 F.
 If desired, cool; sprinkle with 1 lb (3 1/2 cups) sifted powder sugar or brush out edges with 1 recipe Vanilla Glaze (Recipe No. D 046 00) per 100 servings.

Notes

- 1 In Step 10, 7 lb (1-No. 10 cn) prepared pie filling, apple, blueberry, cherry or peach, or 7 lb 4 oz (7/8-No. 10 cn) bakery filling, raspberry, may be used, per 100 servings.

BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
173 cal	34 g	3 g	4 g	12 mg	240 mg	110 mg

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 9-1/2 oz
 9-1/2 oz
 9-5/8 oz
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1-1/8 cup
 1-1/8 cup
 1-1/4 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs, and salad oil or shortening; mix at low speed about 15 seconds; scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX.
- 4 Lightly spray muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly brown.

RAISIN BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	41 g	4 g	4 g	10 mg	240 mg	114 mg

Ingredient

Weight

Measure

Issue

APPLESAUCE,CANNED,SWEETENED	5-1/4 lbs	2 qts 1-3/8 cup	
WATER	2-1/8 lbs	1 qts	
CEREAL,ALL BRAN,BULK	1-7/8 lbs	2 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	2-1/4 lbs	1 qts 1 cup	
BAKING POWDER	4-3/8 oz	1/2 cup 1 tbsp	
SALT	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
EGG WHITES,FROZEN,THAWED	8-1/2 oz	1 cup	
OIL,SALAD	9-5/8 oz	1-1/4 cup	
RAISINS	1-7/8 lbs	1 qts 2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs, and salad oil or shortening; mix at low speed for 15 seconds; scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold in raisins.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly brown.

BLUEBERRY BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
174 cal	34 g	3 g	4 g	10 mg	239 mg	110 mg

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 BLUEBERRIES,FROZEN,UNSWEETENED
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 8-5/8 oz
 8-1/2 oz
 9-5/8 oz
 10-7/8 oz
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1 cup
 1 cup
 1-1/4 cup
 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds. DO NOT OVER MIX. Fold in blueberries.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly brown.

BANANA BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	36 g	3 g	4 g	10 mg	239 mg	111 mg

Ingredient

Weight

Measure

Issue

APPLESAUCE,CANNED,SWEETENED	5-1/4 lbs	2 qts 1-3/8 cup	
WATER	2-1/8 lbs	1 qts	
CEREAL,ALL BRAN,BULK	1-7/8 lbs	2 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	2-1/4 lbs	1 qts 1 cup	
BAKING POWDER	4-3/8 oz	1/2 cup 1 tbsp	
SALT	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
EGG WHITES,FROZEN,THAWED	8-1/2 oz	1 cup	
OIL,SALAD	9-5/8 oz	1-1/4 cup	
BANANA,FRESH	2 lbs		3-1/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold bananas into batter.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.

APRICOT BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	40 g	4 g	4 g	10 mg	240 mg	114 mg

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 APRICOTS,DRIED,HALVES,PITTED
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 8-5/8 oz
 8-1/2 oz
 9-5/8 oz
 1-5/8 lbs
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1 cup
 1 cup
 1-1/4 cup
 1 qts 2 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold in dried, chopped apricots.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.

CRANBERRY BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	35 g	3 g	4 g	10 mg	239 mg	111 mg

Ingredient

APPLESAUCE,CANNED,SWEETENED
 WATER
 CEREAL,ALL BRAN,BULK
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 CRANBERRIES,FRESH
 COOKING SPRAY,NONSTICK

Weight

5-1/4 lbs
 2-1/8 lbs
 1-7/8 lbs
 3-5/8 lbs
 2-1/4 lbs
 4-3/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 8-5/8 oz
 8-1/2 oz
 9-5/8 oz
 1-3/4 lbs
 2 oz

Measure

2 qts 1-3/8 cup
 1 qts
 2 qts 2 cup
 3 qts 1 cup
 1 qts 1 cup
 1/2 cup 1 tbsp
 1 tbsp
 2 tbsp
 1/3 tsp
 1 cup
 1 cup
 1-1/4 cup
 2 qts 3/8 cup
 1/4 cup 1/3 tbsp

Issue

1-7/8 lbs

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds. DO NOT OVER MIX. Fold cranberries into batter.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.

BREADS AND SWEET DOUGHS No.D 029 00
MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
178 cal	30 g	4 g	5 g	34 mg	204 mg	86 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 3 tbsp

Issue

Method

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

BLUEBERRY MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
187 cal	33 g	4 g	5 g	34 mg	204 mg	87 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 BLUEBERRIES,CANNED,DRAINED
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 2-1/4 lbs
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 1 qts
 3 tbsp

Issue

Method

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Rinse blueberries, drain well. Fold into batter.
- 4 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool. NOTES: 1. In Step 3, 2 lb A.P. (1-1/2 quarts) blueberries, frozen, IQF, thawed, may be substituted.

RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	37 g	4 g	5 g	34 mg	205 mg	90 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 RAISINS
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 1-7/8 lbs
 11-1/2 oz
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1 qts 2 cup
 1-1/2 cup
 3 tbsp

Issue

Method

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, salad oil and raisins; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

BANANA MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	32 g	4 g	5 g	34 mg	204 mg	87 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 BANANA,FRESH,MASHED
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 2 lbs
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 1 qts
 3 tbsp

Issue

3-1/8 lbs

Method

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Add mashed bananas to batter; mix at low speed another 15 seconds until blended.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

APPLE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	34 g	4 g	5 g	34 mg	204 mg	87 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FLOUR,WHEAT,GENERAL PURPOSE	5 lbs	1 gal 1/2 qts	
SUGAR,GRANULATED	2-1/2 lbs	1 qts 1-5/8 cup	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
BAKING POWDER	3-7/8 oz	1/2 cup	
SALT	5/8 oz	1 tbsp	
WATER,WARM	3-2/3 lbs	1 qts 3 cup	
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
APPLESAUCE,CANNED,UNSWEETENED	1-5/8 lbs	3 cup	
OIL,SALAD	11-1/2 oz	1-1/2 cup	
APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED	2 lbs	1 qts 3-1/4 cup	2-1/2 lbs
SUGAR,GRANULATED	7 oz	1 cup	
CINNAMON,GROUND	1/8 oz	1/3 tsp	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	

Method

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Fold apples into batter.
- 4 Mix sugar and cinnamon; sprinkle 1/2 teaspoon of cinnamon sugar mixture over each muffin.
- 5 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 6 Using a convection oven, bake 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

Notes

- 1 In Step 3, 2 lb 4 oz A.P. (1 qt-1/3 No. 10 cn) drained, chopped apple slices may be substituted.

CINNAMON CRUMB TOP MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
195 cal	33 g	4 g	5 g	36 mg	212 mg	90 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 COOKING SPRAY,NONSTICK
 SUGAR,BROWN,PACKED
 BUTTER
 FLOUR,WHEAT,GENERAL PURPOSE
 CINNAMON,GROUND

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 1-1/2 oz
 9 oz
 3 oz
 1-2/3 oz
 1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1/4 cup 2-1/3 tbsp
 1/4 cup 2-1/3 tbsp
 2 tbsp

Issue

Method

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Mix brown sugar, butter or margarine, flour and cinnamon until mixture is crumbly. Sprinkle 1 teaspoon mixture on top of each muffin.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned on for the first 10 minutes, and then on low fan. Remove muffins from oven and cool.

CRANBERRY MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
182 cal	32 g	4 g	5 g	34 mg	204 mg	87 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 CRANBERRIES,FRESH
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 2 lbs
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 2 qts 1-1/2 cup
 3 tbsp

Issue

2-1/8 lbs

Method

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Fold cranberries into batter.
- 4 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then on low fan. Remove muffins from oven and let cool.

Notes

- 1 In Step 3, 2 lb 1 oz A.P. (8-1/3 cup) cranberries, brozen, IQF, thawed, may be substituted.

DATE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	35 g	4 g	5 g	34 mg	204 mg	88 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 DATES,DRIED,PITTED,CHOPPED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 1-1/2 lbs
 11-1/2 oz
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 3 tbsp

Issue

Method

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, salad oil and dates; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

BREADS AND SWEET DOUGHS No.D 029 08
NUT MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
272 cal	34 g	5 g	14 g	39 mg	169 mg	67 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 WATER,WARM
 OIL,SALAD
 PECANS,CHOPPED
 COOKING SPRAY,NONSTICK

Weight

5-1/2 lbs
 2-1/4 lbs
 1-3/4 oz
 2-3/4 oz
 5/8 oz
 2 lbs
 1-5/8 lbs
 2-1/8 lbs
 11-1/2 oz
 3 lbs
 2 oz

Measure

1 gal 1 qts
 1 qts 1 cup
 3/4 cup
 1/4 cup 2 tbsp
 1 tbsp
 3-3/4 cup
 3 cup
 1 qts
 1-1/2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, salad oil and pecans; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

OATMEAL RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
216 cal	38 g	5 g	5 g	34 mg	205 mg	95 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 CEREAL,OATMEAL,ROLLED
 RAISINS
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 EXTRACT,VANILLA
 COOKING SPRAY,NONSTICK

Weight

3-1/2 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 1/4 oz
 2 lbs
 1-7/8 lbs
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 1-7/8 oz
 1-1/2 oz

Measure

3 qts 3/4 cup
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 tbsp
 1 qts 1-3/4 cup
 1 qts 2 cup
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 1/4 cup 1/3 tbsp
 3 tbsp

Issue**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder, salt, and cinnamon. Add rolled oats and raisins. Mix at low speed for 1 minute or until blended.
- 2 Add warm water, eggs, applesauce, salad oil, and vanilla; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

BANANA BREAD

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
258 cal	33 g	6 g	12 g	37 mg	140 mg	64 mg

Ingredient

Weight

Measure

Issue

SHORTENING	1 lbs	1-1/8 cup	
SUGAR, GRANULATED	2-2/3 lbs	1 qts 2 cup	
EGGS, WHOLE, FROZEN	1-7/8 lbs	3-1/2 cup	
APPLESAUCE, CANNED, SWEETENED		1 cup	
BANANA, FRESH, MASHED	5-1/4 lbs	2 qts 2-5/8 cup	8-1/8 lbs
NUTS, UNSALTED, CHOPPED, COARSELY	2-5/8 lbs	2 qts	
FLOUR, WHEAT, GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
BAKING POWDER	2-2/3 oz	1/4 cup 2 tbsp	
SALT	3/8 oz	1/3 tsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Cream shortening and sugar in mixer bowl at medium speed 2 minutes until light and fluffy.
- 2 Add eggs and applesauce to mixture. Mix at medium speed 1 minute.
- 3 Add bananas and nuts to egg mixture. Mix at medium speed until blended.
- 4 Sift together flour, baking powder and salt.
- 5 Add dry ingredients to banana mixture; beat at low speed about 1/2 minute. Continue beating 1/2 minute longer or until blended. DO NOT OVER MIX.
- 6 Lightly spray each pan with non-stick cooking spray. Pour about 2 quarts of batter into each sprayed and floured loaf pan. Spread batter evenly.
- 7 Using a convection oven, bake at 325 F. for 70 to 75 minutes or until done on low fan, open vent.
- 8 Let bread cool in pans 5 minutes; then remove from pan and place on wire rack to cool completely. To enhance flavor and moistness, product may be prepared in advance. CCP: Refrigerate at 41 F. or lower overnight.

HARD ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
259 cal	49 g	8 g	3 g	0 mg	425 mg	11 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 EGG WHITES
 SUGAR,GRANULATED
 SALT
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 COOKING SPRAY,NONSTICK

Weight

2-1/2 oz
 1-2/3 lbs
 6-1/4 lbs
 8-1/2 oz
 3-1/2 oz
 3-3/4 oz
 4-1/8 oz
 14-1/2 lbs
 2 oz

Measure

1/4 cup 2-1/3 tbsp
 3-1/4 cup
 3 qts
 1 cup
 1/2 cup
 1/4 cup 2-1/3 tbsp
 1/2 cup 1 tbsp
 3 gal
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water, egg whites, sugar, salt, shortening, and flour in mixer bowl. Add yeast solution.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 4 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 5 PUNCH: Divide dough into 8 2-1/2 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 6 Roll each piece into a long rope, about 25 inches, of uniform diameter. Cut rope into pieces about 1-inch thick, weighing 1-1/2 ounces each.
- 7 MAKE-UP: Lightly spray sheet pans with non-stick cooking spray. Place rolls on sheet pans in rows 5 by 7 so rolls do not touch each other during proofing or baking.
- 8 PROOF: At 90 F. to 100 F. until double in bulk. Brush with 1 recipe hot Cornstarch Wash, Recipe No. D 040 00.
- 9 BAKE: 25 to 30 minutes at 400 F. or in 350 F. convection oven 15 minutes or until golden brown, on high fan, open vent. Brush with hot Cornstarch Wash, Recipe No. D 040 00 immediately after removal from oven.

BREADS AND SWEET DOUGHS No.D 033 00
HOT ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	56 g	9 g	7 g	0 mg	358 mg	26 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 COOKING SPRAY,NONSTICK

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-1/4 lbs
 1 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 3 gal
 1-3/4 cup
 2-3/4 cup
 2 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., 1-1/2 hours or until double in size.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. MAKEUP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long. Place rolls on a lightly sprayed sheet pan.
- 8 PROOF: At 90 F. about 1 hour or until double in bulk.
- 9 BAKE: Using a 350 F. convection oven, bake for 10 to 15 minutes or until golden brown, on high fan, open vent.

HOT ROLLS (BROWN AND SERVE)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	56 g	9 g	7 g	0 mg	358 mg	26 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 COOKING SPRAY,NONSTICK

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-1/4 lbs
 1 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 3 gal
 1-3/4 cup
 2-3/4 cup
 2 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in size.
- 6 PUNCH: Divide dough into 8-2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 MAKEUP: Shape dough pieces into balls by rolling with a circular motion. Lightly spray sheet pans with non-stick cooking
- 9 PROOF: At 90 F. about 30 minutes or until double in size.
- 10 PREBAKE: 25 minutes at 325 F. or in 300 F. convection oven for 12 to 15 minutes or until rolls begin to brown on low fan, open vent.
- 11 Cool on pans; wrap in aluminum foil. Refrigerate at 40 F. for up to 2 days.
- 12 BAKE: Bring covered rolls to room temperature about 1 hour before baking. Finish baking in 350 F. convection oven about 10 to 12 minutes or until golden brown on high fan, open vent.

HOT ROLLS (ROLL MIX)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
264 cal	48 g	8 g	5 g	0 mg	416 mg	44 mg

Ingredient

ROLL,MIX
YEAST,ACTIVE,DRY
WATER

Weight

15 lbs
6-3/4 oz
1-3/4 lbs

Measure

1 cup
3-3/8 cup

Issue

Method

- 1 Prepare dough according to instructions on container.
- 2 PUNCH: Divide dough into 8-2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 3 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 4 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 5 PROOF: At 90 F. about 1 hour or until double in bulk.
- 6 BAKE: 15 to 20 minutes at 400 F. or in 350 F. convection oven for 10 to 15 minutes or until golden brown, on high fan, open vent.

OATMEAL ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	46 g	8 g	9 g	0 mg	358 mg	28 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 CEREAL,OATMEAL,ROLLED
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 COOKING SPRAY,NONSTICK

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 9-2/3 lbs
 2 lbs
 4-1/4 oz
 1-2/3 lbs
 1 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 2 gal
 1 qts 2 cup
 1-3/4 cup
 3-3/4 cup
 2 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour, rolled oats and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in size.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inches long.
- 8 MAKE-UP: Shape dough pieces into balls rolling with a circular motion on a worktable. Place rolls on lightly sprayed sheet pans.
- 9 PROOF: At 90 F. about 1 hour or until double in bulk.
 BAKE: Using a 350 F. convection oven, bake 10 to 12 minutes on high fan, open vent.

CLOVERLEAF OR TWIN ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	5 mg	377 mg	27 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 BUTTER,MELTED
 BUTTER,MELTED

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-2/3 lbs
 4 oz
 4 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 3 gal
 1-3/4 cup
 3-3/4 cup
 1/2 cup
 1/2 cup

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 Divide each dough piece into thirds for cloverleaf rolls or in halves for twin rolls.
- 9 Shape into balls by rolling with a circular motion on work table.
- 10 Place in greased muffin pans. In each cup: 3 balls for cloverleaf or 2 for twin; brush with 4 ounces or 1/2 cup of melted butter or 1/3 recipe Milk Wash, Recipe No. I 004 02.
- 11 PROOF: At 90 F. until double in bulk.
- 12 BAKE: At 400 F. for 15 to 20 minutes or in a 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent.
- 13 If desired, brush with 4 ounces or 1/2 cup of melted butter immediately after baking.

FRANKFURTER ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	37 g	6 g	6 g	0 mg	239 mg	18 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 MILK AND WATER WASH

Weight

3-3/8 oz
 1-1/4 lbs
 1 lbs
 1 lbs
 2-1/8 oz
 9-2/3 lbs
 2-2/3 oz
 1-1/8 lbs

Measure

1/2 cup
 2-3/8 cup
 1-7/8 cup
 2-3/8 cup
 3-1/3 tbsp
 2 gal
 1-1/8 cup
 2-1/2 cup
 1/2 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 180 F., 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll 2-1/2-ounce pieces of dough into oblong rolls, 5 to 6 inches long.
- 8 Place on greased sheet pans in rows 4 by 9. Brush with 1/3 recipe Milk Wash, Recipe No. I 004 02 per 100 servings.
- 9 Proof at 90 F. until double in bulk.
- 10 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent. Cool.

HAMBURGER ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	37 g	6 g	6 g	0 mg	239 mg	18 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 MILK AND WATER WASH

Weight

3-3/8 oz
 1-1/4 lbs
 1 lbs
 1 lbs
 2-1/8 oz
 9-2/3 lbs
 2-2/3 oz
 1-1/8 lbs

Measure

1/2 cup
 2-3/8 cup
 1-7/8 cup
 2-3/8 cup
 3-1/3 tbsp
 2 gal
 1-1/8 cup
 2-1/2 cup
 1/2 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in water place, about 80 F., 1-1/2 hours or until double in bulk.
- 6 Punch: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Shape 2-1/2 ounce pieces of dough into balls by rolling with a circular motion on work table.
- 8 Place on greased sheet pans in rows 4 by 6.
- 9 When half-proofed, flatten with hand or small can to about 1/2 inch thickness and 3-1/2 inch diameter; brush with 1/3 recipe Milk Wash, Recipe No. I 004 02 per 100 servings.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent. Cool.

PAN, CLUSTER, OR PULL APART ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	0 mg	380 mg	27 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 MARGARINE,MELTED
 MARGARINE,MELTED

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-2/3 lbs
 4 oz
 4 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 3 gal
 1-3/4 cup
 3-3/4 cup
 1/2 cup
 1/2 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 Shape 1-1/2 to 2-ounce dough pieces into balls by rolling with a circular motion on work table.
- 9 Place on greased sheet pans in rows 6 by 9. Brush with 4 ounces of melted butter or 1/4 recipe Egg Wash, Recipe No. D 017 00.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F., 15 to 20 minutes or in 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.
- 12 Brush with 4 oz melted butter, optional, immediately after baking.

PARKER HOUSE ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	5 mg	377 mg	27 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 BUTTER,MELTED
 BUTTER,MELTED

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-2/3 lbs
 4 oz
 4 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 3 gal
 1-3/4 cup
 3-3/4 cup
 1/2 cup
 1/2 cup

Issue**Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter. Cut rope into pieces about 1-1/4 inch thick.
- 8 Shape 1-1/2 to 2-ounce dough pieces into balls by rolling with a circular motion on work table.
- 9 Cover with clean damp cloth; let rest 5 to 10 minutes.
- 10 Press center of each ball with a small rolling pin.
- 11 Brush with 4 ounces of melted butter; fold in half. Press edges together with thumb or palm of hand.
- 12 Place on greased sheet pans in rows 5 by 10; brush with 4 ounces of melted butter.
- 13 Proof at 90 F. until double in bulk.
- 14 Bake at 400 F., 15 to 20 minutes or in 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.

POPPY SEED ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	56 g	9 g	9 g	0 mg	359 mg	42 mg

Ingredient

YEAST,ACTIVE,DRY

WATER,WARM

WATER,COLD

SUGAR,GRANULATED

SALT

FLOUR,WHEAT,BREAD

MILK,NONFAT,DRY

SHORTENING,SOFTENED

EGG WHITE WASH

POPPY SEEDS

Weight

4-1/2 oz

1-7/8 lbs

5-3/4 lbs

1-1/2 lbs

3-1/8 oz

14-1/2 lbs

4-1/4 oz

1-2/3 lbs

3-3/4 oz

Measure

1/2 cup 2-2/3 tbsp

3-1/2 cup

2 qts 3 cup

3-1/2 cup

1/4 cup 1-1/3 tbsp

3 gal

1-3/4 cup

3-3/4 cup

1/2 cup

3/4 cup

Issue

Method

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 Shape rolls as desired.
- 9 Place on greased sheet pans. Brush top of rolls lightly with water or 1/6 recipe Egg White Wash, Recipe No. D 017 01. Sprinkle top of rolls with poppy seeds.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.

SESAME SEED ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
347 cal	56 g	9 g	9 g	0 mg	359 mg	28 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 EGG WHITE WASH
 SESAME SEEDS

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-2/3 lbs
 3-3/4 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 2 qts 3 cup
 3-1/2 cup
 1/4 cup 1-1/3 tbsp
 3 gal
 1-3/4 cup
 3-3/4 cup
 1/2 cup
 3/4 cup

Issue

Method

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches. Cut rope into 25 1-3/4 oz pieces about 1-1/4-inch long.
- 8 Shape rolls as desired.
- 9 Place on greased sheet pans. Brush top of rolls lightly with water or 1/6 recipe Egg White Wash, Recipe No. D 017 01. Sprinkle top of rolls with sesame seeds.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.

HOT ROLLS (SHORT-TIME FORMULA)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	51 g	9 g	4 g	0 mg	325 mg	30 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 SALT

Weight

4-1/2 oz
 1-5/8 lbs
 1-1/8 oz
 6-1/4 lbs
 5-3/8 oz
 5-1/4 oz
 10-7/8 lbs
 9 oz
 3-5/8 lbs
 2-7/8 oz

Measure

1/2 cup 2-1/3 tbsp
 3 cup
 2-2/3 tbsp
 3 qts
 2-1/4 cup
 3/4 cup
 2 gal 1 qts
 1-1/4 cup
 3 qts
 1/4 cup 2/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar and stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 2 2 lb-10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2-inch thick. Cut rope into 25 1-2/3 inch pieces, about 1-1/3 inches long.
- 10 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 BAKE: 15 to 20 minutes at 400 F. or in 350 F. convection oven 10 to 12 minutes or until golden brown on high fan, open vent.

BROWN AND SERVE ROLLS (SHORT-TIME FORMULA)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	51 g	9 g	5 g	3 mg	335 mg	31 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 SALT
 BUTTER,MELTED

Weight

4-1/2 oz
 1-5/8 lbs
 1-1/8 oz
 6-1/4 lbs
 5-3/8 oz
 5-1/4 oz
 10-7/8 lbs
 9 oz
 3-5/8 lbs
 2-7/8 oz
 4 oz

Measure

1/2 cup 2-1/3 tbsp
 3 cup
 2-2/3 tbsp
 3 qts
 2-1/4 cup
 3/4 cup
 2 gal 1 qts
 1-1/4 cup
 3 qts
 1/4 cup 2/3 tbsp
 1/4 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 8 2 lb 10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2-inch thick. Cut rope into 25 1-2/3 oz pieces about 1-1/3 inches long.
- 10 Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 Bake at 325 F. for 25 to 30 minutes or in 300 F. convection oven 12 to 15 minutes or until rolls begin to brown on low fan, open vent. Brush with melted margarine or butter. Cool on pans; wrap in aluminum foil. Bring covered rolls to room temperature about 1 hour before baking. Finish baking at 400 F. about 14 to 17 minutes or in 350 F. convection oven about 10 to 12 minutes or until golden brown on high fan, open vent.

WHOLE WHEAT ROLLS (SHORT-TIME FORMULA)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
263 cal	48 g	8 g	4 g	0 mg	325 mg	30 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 SALT

Weight

4-1/2 oz
 1-5/8 lbs
 1-1/8 oz
 6-3/4 lbs
 5-3/8 oz
 7 oz
 3-5/8 lbs
 6-1/3 lbs
 9 oz
 3-5/8 lbs
 2-7/8 oz

Measure

1/2 cup 2-1/3 tbsp
 3 cup
 2-2/3 tbsp
 3 qts 1 cup
 2-1/4 cup
 1 cup
 3 qts
 1 gal 1-1/4 qts
 1-1/4 cup
 3 qts
 1/4 cup 2/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar and stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 8 2 lb-10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2 inches thick. Cut rope into 25 1-2/3 oz pieces about 1-1/3 inches long.
- 10 Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 BAKE: 20 to 25 minutes at 400 F. or in 350 F. convection oven 12 to 15 minutes or until golden brown on high fan, open vent.

ONION ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
312 cal	58 g	8 g	5 g	0 mg	428 mg	41 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 ONIONS,DEHYDRATED,CHOPPED
 WATER
 FLOUR,WHEAT,GENERAL PURPOSE
 SHORTENING,SOFTENED

Weight

3-3/8 oz
 1-1/3 lbs
 4-2/3 lbs
 1-1/4 lbs
 3-1/4 oz
 3-3/4 oz
 1-5/8 lbs
 4-1/8 lbs
 13-1/4 lbs
 1 lbs

Measure

1/2 cup
 2-1/2 cup
 2 qts 1 cup
 2-3/4 cup
 1-3/8 cup
 1/4 cup 2-1/3 tbsp
 3 qts 1 cup
 2 qts
 3 gal
 2-1/4 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well; let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add sugar, milk, and salt. Mix at low speed until smooth.
- 3 Soak and drain the dehydrated onions.
- 4 Add flour; mix at low speed. Add shortening, yeast solution, and onions; mix until well blended.
- 5 Mix at medium speed 15 minutes or until dough is smooth and elastic.
- 6 FERMENT: Cover. Set in warm place (80 F.) 2 hours or until double in bulk.
- 7 PUNCH: Let rest 20 minutes.
- 8 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 9 PROOF: Until rolls are double in bulk.
- 10 BAKE: At 425 F. 12 to 15 minutes or until done.

ONION ROLLS (ROLL MIX)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	49 g	7 g	4 g	0 mg	376 mg	58 mg

Ingredient

ONIONS,DEHYDRATED,CHOPPED
 WATER
 ROLL,MIX
 YEAST,ACTIVE,DRY

Weight

1-5/8 lbs
 4-1/8 lbs
 13-1/2 lbs
 5-1/8 oz

Measure

3 qts 1 cup
 2 qts
 3/4 cup

Issue

Method

- 1 Soak and drain dehydrated onions. Add onions to Roll Mix and active dry yeast.
- 2 Prepare mix according to instructions on container.
- 3 PUNCH: Let rest 20 minutes.
- 4 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 5 PROOF: Until rolls are double in bulk.
- 6 BAKE: At 425 F. 12 to 15 minutes or until done.

SWEET DOUGH

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	32 g	6 g	5 g	24 mg	221 mg	16 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER
 EGGS,WHOLE,FROZEN
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED

Weight

6-3/4 oz
 1 lbs
 1-5/8 lbs
 1-1/4 lbs
 1-1/8 lbs
 1-3/4 oz
 1-7/8 oz
 7-7/8 lbs
 14-1/2 oz

Measure

1 cup
 2 cup
 3 cup
 2-1/4 cup
 2-5/8 cup
 3/4 cup
 3 tbsp
 1 gal 2-1/2 qts
 2 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, shape into a rectangular piece. Let rest 10 to 20 minutes.

SWEET DOUGH (SWEET DOUGH MIX)

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
135 cal	24 g	6 g	3 g	0 mg	323 mg	13 mg

Ingredient

SWEET DOUGH MIX
 YEAST,ACTIVE,DRY
 WATER

Weight

9 lbs
 4-1/4 oz
 3-2/3 lbs

Measure

2 gal 1/8 qts
 1/2 cup 2 tbsp
 1 qts 3 cup

Issue

Method

- 1 Use Sweet Dough Mix and active dry yeast. Prepare dough according to instructions on container.
- 2 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 3 PUNCH: Divide dough into 3 pieces, let rest 10 to 20 minutes.

GLAZED ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
244 cal	38 g	6 g	8 g	29 mg	243 mg	17 mg

Ingredient

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

BUTTER

VANILLA GLAZE

Weight

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

8 oz

Measure

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

1 cup

2-3/8 cup

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each 4 lb 5 oz piece of dough into a long rope of uniform diameter. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Slice into 34 pieces, weighing 1-3/4 to 2 oz each.
- 9 Shape into balls by rolling with a circular motion.
- 10 Place on lightly greased sheet pans in rows 6 by 9.
- 11 Melt butter or margarine. Brush 1/2 cup on rolls in each pan.
- 12 PROOF: At 90 F. to 100 F. until double in bulk.
- 13 BAKE: At 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 14 Prepare 1 recipe Vanilla Glaze, Recipe No. D 046 00; brush about 1-1/3 cups on baked rolls in each pan for each 100 servings.

BREADS AND SWEET DOUGHS No.D 036 03
PECAN ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
302 cal	40 g	6 g	13 g	34 mg	261 mg	25 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
PECAN TOPPING		2 qts 2 cup	
BUTTER	8 oz	1 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a long rope of uniform diameter. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Slice into 34 pieces weighing 1-3/4 to 2 ounces each.
- 9 Shape into balls by rolling with a circular motion.
- 10 Prepare 1 recipe Pecan Topping, Recipe No. D 049 01 per 100 portions. Spread 1-1/4 quart in each pan.
- 11 Flatten balls. Place on topping mixture in rows 6 by 9.
- 12 Melt butter or margarine and brush 1/2 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven for 15 minutes on high fan, open vent.
- 15 Invert pans as soon as removed from oven; bottom of roll becomes top.

CINNAMON ROLLS

Yiel 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	47 g	6 g	9 g	34 mg	265 mg	40 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER
 EGGS,WHOLE,FROZEN
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 BUTTER
 CINNAMON SUGAR FILLING

Weight

6-3/4 oz
 1 lbs
 1-5/8 lbs
 1-1/4 lbs
 1-1/8 lbs
 1-3/4 oz
 1-7/8 oz
 7-7/8 lbs
 14-1/2 oz
 1 lbs

Measure

1 cup
 2 cup
 3 cup
 2-1/4 cup
 2-5/8 cup
 3/4 cup
 3 tbsp
 1 gal 2-1/2 qts
 2 cup
 2 cup
 3 cup

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each 4 lb 5 oz piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Set aside remainder for use in Step 4.
- 9 Prepare 1 recipe Cinnamon Sugar Filling, Recipe No. D 042 00 for 100 servings. Sprinkle 1-1/2 cups cinnamon sugar mixture over each sheet of dough.
- 10 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on work table. Brush 2 tablespoons of butter or margarine on each roll.
- 11 Slice each roll into 34 pieces about 1 inch wide, using dough cutter.
- 12 Place cut side down on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

CINNAMON NUT ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
306 cal	38 g	7 g	15 g	34 mg	260 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	1 lbs	2 cup	
CINNAMON SUGAR FILLING		3 cup	
PECANS,CHOPPED	2 lbs		

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each 4 lb 5 oz piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick. (For D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces).
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Set aside remainder for use in Step 10.
- 9 Prepare 1 Recipe Cinnamon Sugar Nut Filling, Recipe No. D 042 01 per 100 servings. Sprinkle 1-1/2 cups cinnamon sugar mixture and 2 cups of pecans over each sheet of dough.
- 10 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on work table. Brush 2 tablespoons of butter or margarine on each roll.
- 11 Slice each roll into 34 pieces about 1 inch wide, using dough cutter.
- 12 Place cut side down on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with Vanilla Glaze, Recipe No. D 046 00 per 100 servings. Brush about 1 cup on rolls in each pan.

CINNAMON RAISIN ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
298 cal	49 g	6 g	9 g	34 mg	265 mg	41 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	1 lbs	2 cup	
CINNAMON SUGAR FILLING		3 cup	
RAISINS	10-1/4 oz	2 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 4 pound 5 ounce pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 pound 5 ounce piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick.
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Set aside remainder for use in Step 4.
- 9 Prepare 1 recipe Cinnamon Sugar Raisin Filling, Recipe No. D 042 02 per 100 portions. Sprinkle 1-1/2 cups cinnamon sugar mixture and 2 cups of raisins over each sheet of dough.
- 10 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on work table. Brush 2 tablespoons of butter or margarine on each roll.
- 11 Slice each roll into 34 pieces about 1 inch wide, using dough cutter.
- 12 Place cut side down on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

BUTTERFLY ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
312 cal	52 g	6 g	9 g	36 mg	261 mg	19 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsps	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
EGG WASH		3/4 cup	
VANILLA GLAZE		2-3/4 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 6-2 lb 2 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet, about 10 inches wide, 30 inches long and 1/4 inch thick.
- 8 Melt butter or margarine. Brush 1/4 cup on each sheet of dough.
- 9 MAKE-UP: Roll each piece tightly to make long slender roll. Seal edges by pressing firmly. Elongate roll to 30 inches by rolling back and forth on work table.
- 10 Slice each roll into 17 pieces about 1-3/4 inches wide.
- 11 Press each piece firmly in center parallel to cut side of roll with back of knife or small rolling pin.
- 12 Place on lightly greased sheet pans in rows 4 by 8. Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions and brush 1/4 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

BREADS AND SWEET DOUGHS No.D 036 08
SUGAR ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	56 g	6 g	10 g	36 mg	269 mg	18 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	1 lbs	2 cup	
SUGAR,GRANULATED	14-1/8 oz	2 cup	
VANILLA GLAZE		2-3/4 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll out each 4 lb 5 oz piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces).
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough.
- 9 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on the work table. Brush 2 tbsp butter or margarine on each roll.
- 10 Slice each roll into 34 pieces, about 1 inch wide, using dough cutter.
- 11 Press cut side of each slice in 14 ounces or 2 cups granulated sugar so that surface is well coated.
- 12 Place sugar side up on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

STREUSEL COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	50 g	7 g	10 g	39 mg	274 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
EGG WASH		3/4 cup	
STREUSEL TOPPING		3 qts	
VANILLA GLAZE		2 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 2-6 lb 8 oz pieces. (If using D 036 01, Sweet Dough Mix, divide into 6 lb 4 oz pieces). Shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet, about 18 inches wide, 25 inches long and 1/2-inch thick; fit into greased sheet pans, pressing against sides; edges should be thicker than center.
- 8 Dock dough with fork or docker, if available.
- 9 Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions. Brush about 1/3 cup on dough in each pan. Prepare 1 recipe Streusel Topping, Recipe No. D 049 00; sprinkle 1-1/2 quart topping over dough in each pan.
- 10 Proof dough 20 to 35 minutes.
- 11 Bake at 375 F., 30 to 35 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent.
- 12 Prepare 2/3 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions; drizzle about 1 cup over each cake while hot.
- 13 Cut 6 by 9.

SMALL COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
423 cal	81 g	6 g	9 g	36 mg	270 mg	57 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
CINNAMON SUGAR FILLING		1 qts 1/2 cup	
RAISINS	2 lbs	1 qts 2-1/4 cup	
EGG WASH		3/4 cup	
VANILLA GLAZE		2-3/4 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE IN TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 6-2 lb 2 oz pieces; (if using D 036 01, Sweet Dough Mix, divide into 2 lb 1 oz pieces). Shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet about 9 inches wide, 36 inches long, and 1/4 inch thick.
- 8 Melt butter or margarine; brush 1/4 cup on each sheet of dough. Prepare Cinnamon Sugar Filling, Recipe No. D 042 02; use 2 pounds or 6-1/4 cups of raisins; sprinkle 3/4 cup filling and 1 cup raisins over each sheet of dough.
- 9 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 36 inches by rolling back and forth on work table.
- 10 Cut rolls into 12-inch pieces weighting about 10 ounces each.
- 11 Place 4 coffee cakes on each lightly greased sheet pan.
- 12 Make a deep 9-inch slit down the center of each piece, about 1/2 through folds of dough. Do not cut completely through all layers.
- 13 Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions. Brush about 2 teaspoons on each cake.
- 14 Proof at 90 F. to 100 F. until double in bulk.
- 15 Bake at 375 F. for 25 to 30 minutes or until golden brown or in 325 F. convection oven for 15 minutes on high fan, open vent.
- 16 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00. Drizzle about 2 tablespoons on cakes in each pan.
- 17 Cut each cake into 6, 2-inch pieces.

TWIST COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
303 cal	51 g	6 g	9 g	35 mg	257 mg	29 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
CINNAMON SUGAR RAISIN FILLING		2-3/4 cup	
RAISINS	10-1/4 oz	2 cup	
RAISINS	10-1/4 oz	2 cup	
EGG WASH		3/4 cup	
VANILLA GLAZE		2-3/4 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet, about 13 inches wide, 45 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces).
- 8 Melt butter or margarine. Brush 1/2 cup over dough in each pan. Prepare Cinnamon Sugar Raisin Filling, Recipe No. D 042 02. Sprinkle 1-1/2 cups over each sheet of dough. Sprinkle about 1 cup of raisins over center third of dough.
- 9 Fold 1/3 dough over center. Sprinkle 1 cup raisins on top of folded dough. Fold remaining 1/3 dough over raisins to form a strip 13 by 15 inches.
- 10 Cut each strip into 6-15 inch long, 2 inch wide pieces weighing about 1 pound each.
- 11 Slit roll down center to within 1 inch of end.
- 12 Twist pieces in one direction and then in opposite direction, stretching to about 19 inches.
- 13 Place each piece in a circle on lightly greased sheet pans; seal ends securely by fitting one end into other. Rings should not touch each other.
- 14 Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions. Brush about 2 teaspoons on each cake.
- 15 Proof at 90 F. to 100 F. until double in bulk.
- 16 Bake at 375 F. for 25 to 30 minutes or until golden brown or in 325 F .convection oven 15 minutes on high fan, open vent. Cool.
- 17 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Drizzle about 2/3 cup on each cake. Cut each cake into 6 pieces.

BREADS AND SWEET DOUGHS No.D 036 12
BEAR CLAWS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	53 g	8 g	7 g	87 mg	254 mg	48 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
CHERRY FILLING (CORNSTARCH)		2 qts 1 cup	
EGG WASH		1 gal 3/4 qts	
VANILLA GLAZE		2-3/8 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 2 pound 2 ounce pieces; shape into a rectangular piece. Let rest 10 to 20 minutes. (If using D 036 01, Sweet Dough Mix, use 2 lb 1 oz pieces.)
- 7 Roll each piece of dough into a rectangular sheet about 5 inches wide, 44 inches long, and 1/3-inch thick.
- 8 Prepare Cherry Filling, Recipe No. D 041 00, Pineapple Filling, Recipe No. D 047 00, or Nut Filling, Recipe D 043 00. Spread 1-1/2 cups cherry or pineapple or 1-1/4 cups nut filling over center of each sheet of dough.
- 9 Fold dough over once, lengthwise; seal along edge by pressing firmly.
- 10 Cut dough into 17 2-1/2-inch pieces. Make 3 cuts, 3/4-inch in depth, on sealed side of each piece to form a claw.
- 11 Place on lightly greased sheet pans in rows 3 by 8. Spread claws slightly. Claws should not touch each other.
- 12 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00. Brush 3 tablespoons on claws in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 2/3 cup over rolls in each pan.

BREADS AND SWEET DOUGHS No.D 036 13
SNAILS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
321 cal	54 g	6 g	9 g	29 mg	266 mg	20 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsps	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
MARGARINE	12 oz	1-1/2 cup	
EGG WASH		3/4 cup	
JELLY	1-1/3 lbs	2 cup	
VANILLA GLAZE		2-1/2 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Prepare 1 recipe Cinnamon Sugar Filling, Recipe No. D 042 00; sprinkle 1-1/2 cups over each sheet of dough.
- 9 Fold each sheet of dough in thirds lengthwise to make a strip, about 6 inches wide, 35 inches long, and 3/4 inches thick.
- 10 Cut strips crosswise into 34 pieces about 1-inch wide.
- 11 Twist pieces in one direction and then in the opposite direction. Form snails by holding one end on greased pan and winding other end around and around loosely keeping roll flat.
- 12 Place on lightly greased sheet pans in rows 4 by 8.
- 13 Prepare 1/4 Recipe Egg Wash, Recipe D 017 00; brush about 1/4 cup on snails in each pan; let rise slightly.
- 14 Make slight depression with back of spoon in center of each snail. Use 2 cups of jelly or jam; place about 1 teaspoon in each depression.
- 15 Proof at 90 F. to 100 F. until double in bulk.
- 16 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 17 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

BOWKNOTS, FIGURE 8's, AND S SHAPES

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	52 g	6 g	6 g	29 mg	233 mg	18 mg

Ingredient

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

EGG WASH

VANILLA GLAZE

Weight

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

Measure

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

3/4 cup

2-3/4 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Fold each sheet of dough in thirds lengthwise to make a strip about 6 inches wide, 35 inches long, and 3/4-inch thick.
- 9 Cut strips crosswise into 34 pieces about 1 inch wide.
- 10 Twist pieces in one direction, then in the opposite direction, stretching to about 11 inches.
- 11 Form into various shapes. Place on lightly greased sheet pans in rows 4 by 8.
- 12 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00; brush about 1/4 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

CINNAMON TWISTS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	66 g	6 g	9 g	36 mg	266 mg	41 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER
 EGGS,WHOLE,FROZEN
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED
 BUTTER
 CINNAMON SUGAR FILLING
 EGG WASH
 VANILLA GLAZE

Weight

6-3/4 oz
 1 lbs
 1-5/8 lbs
 1-1/4 lbs
 1-1/8 lbs
 1-3/4 oz
 1-7/8 oz
 7-7/8 lbs
 14-1/2 oz
 12 oz

Measure

1 cup
 2 cup
 3 cup
 2-1/4 cup
 2-5/8 cup
 3/4 cup
 3 tbsp
 1 gal 2-1/2 qts
 2 cup
 1-1/2 cup
 3 cup
 3/4 cup
 2-3/4 cup

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 pounds 5 ounce pieces of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. If using D 036 01, use 4 lb 2 oz pieces.
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Prepare Cinnamon Sugar Filling, Recipe No. D 042 00; sprinkle 1-1/2 cups on each sheet of dough.
- 9 Fold each sheet of dough in thirds lengthwise to make a strip about 6 inches wide, 35 inches long, and 3/4-inch thick.
- 10 Cut strips crosswise into 34 pieces about 1 inch wide.
- 11 Twist pieces in one direction and then in opposite direction.
- 12 Place on lightly greased sheet pans in rows 4 by 8.
- 13 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00; brush 1/4 cup on rolls in each pan.
- 14 Proof at 90 F. to 100 F. until double in bulk.
- 15 Bake at 375 F. for 20 to 25 minutes or in 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 16 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

BUTTERHORNS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
311 cal	52 g	6 g	9 g	34 mg	260 mg	18 mg

Ingredient

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

BUTTER

VANILLA GLAZE

Weight

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

12 oz

Measure

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

1-1/2 cup

2-3/4 cup

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 1 pound 7 ounce pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet about 9 inches wide, 24 inches long, and about 1/4-inch thick. (For D 036 01, divide into 9-1 lb 6 oz pieces.)
- 8 Melt butter or margarine. Brush about 3 tablespoons on each sheet of dough.
- 9 Cut each strip into 12 wedges about 4 inches wide at the widest end.
- 10 Roll up each wedge from wide edge to point.
- 11 Place on lightly greased sheet pans in rows 4 by 8 with point end under roll; press firmly in place.
- 12 Proof at 90 F. to 100 F. until double in bulk.
- 13 Bake at 375 F. for 20 to 25 minutes or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 14 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

BREADS AND SWEET DOUGHS No.D 036 17
CRESCENTS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
311 cal	52 g	6 g	9 g	34 mg	260 mg	18 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsps	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
VANILLA GLAZE		2-3/4 cup	

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 9 pieces, 1 lb 7 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes. If using D 036 01, divide into 9 1 lb 6 oz pieces.
- 7 Roll each piece of dough into a rectangular sheet about 9 inches wide, 24 inches long, and about 1/4-inch thick.
- 8 Melt butter or margarine. Brush about 3 tablespoons on each sheet of dough.
- 9 Cut each strip into 12 wedges about 4 inches wide at the widest end.
- 10 Roll up each wedge from wide edge to point.
- 11 Place on lightly greased sheet pans in rows 4 by 8 with point end under roll; press firmly in place.
- 12 Proof at 90 F. to 100 F. until double in bulk.
- 13 Bake at 375 F. for 20 to 25 minutes or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 14 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

QUICK COFFEE CAKE (BISCUIT MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	44 g	4 g	9 g	24 mg	443 mg	76 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 MARGARINE,SOFTENED
 CINNAMON,GROUND
 SUGAR,BROWN,PACKED
 BISCUIT MIX
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 WATER
 EGGS,WHOLE,FROZEN
 EXTRACT,VANILLA
 COOKING SPRAY,NONSTICK
 SUGAR,POWDERED
 WATER,BOILING
 MARGARINE,SOFTENED
 EXTRACT,VANILLA

Weight

1-2/3 lbs
 12 oz
 1/4 oz
 7-2/3 oz
 6-3/4 lbs
 1-1/2 lbs
 3-5/8 oz
 3-1/8 lbs
 1-1/4 lbs
 7/8 oz
 2 oz
 2-1/8 lbs
 8-1/3 oz
 2 oz
 1/8 oz

Measure

1 qts 2 cup
 1-1/2 cup
 1 tbsp
 1-1/2 cup
 1 gal 2-3/8 qts
 3-1/2 cup
 1-1/2 cup
 1 qts 2 cup
 2-1/4 cup
 2 tbsp
 1/4 cup 1/3 tbsp
 2 qts
 1 cup
 1/4 cup 1/3 tbsp
 1/8 tsp

Issue

Method

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, combine Biscuit Mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs, vanilla; add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Lightly spray pan with non-stick cooking spray. Pour 3-1/2 quarts of batter into each floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart topping over batter in each pan.
- 7 Using a convection oven, bake at 325 F. for about 30 minutes on low fan, open vent. Remove cakes from oven and let cool slightly.
- 8 GLAZE: Combine powdered sugar, hot water, butter or margarine and vanilla; mix until smooth.
- 9 Drizzle about 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

QUICK APPLE COFFEE CAKE (BISCUIT MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
214 cal	37 g	4 g	6 g	24 mg	405 mg	76 mg

Ingredient

SUGAR,GRANULATED
 CINNAMON,GROUND
 NUTMEG,GROUND
 BISCUIT MIX
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 WATER
 EXTRACT,VANILLA
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 APPLES,CANNED,SLICED,DRAINED

Weight

1 lbs
 1 oz
 1/8 oz
 6-3/4 lbs
 1-1/2 lbs
 3-5/8 oz
 3-1/8 lbs
 7/8 oz
 1-1/4 lbs
 2 oz
 6-3/4 lbs

Measure

2-1/4 cup
 1/4 cup 1/3 tbsp
 1/3 tsp
 1 gal 2-3/8 qts
 3-1/2 cup
 1-1/2 cup
 1 qts 2 cup
 2 tbsp
 2-1/4 cup
 1/4 cup 1/3 tbsp
 3 qts 1-5/8 cup

Issue

Method

- 1 TOPPING: Combine sugar, cinnamon and nutmeg. Set aside for use in Steps 6 and 8.
- 2 Cake: In mixer bowl, combine biscuit mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Pour 3-1/2 quarts of batter into each floured pan. Spread batter evenly.
- 6 Sprinkle 1/2 cup of topping over batter in each pan.
- 7 Arrange 3 pounds of apple slices evenly over batter and topping in each pan.
- 8 Sprinkle 3/4 cup of sugar mixture over apple slices in each pan.
- 9 Using a convection oven, bake 30 minutes at 325 F. on low fan, open vent.
- 10 Remove cakes from oven and let cool. Cut 6 by 9.

QUICK FRENCH COFFEE CAKE (BISCUIT MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
343 cal	53 g	6 g	12 g	24 mg	444 mg	87 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 MARGARINE,SOFTENED
 SUGAR,BROWN,PACKED
 CINNAMON,GROUND
 BISCUIT MIX
 RAISINS
 SUGAR,GRANULATED
 NUTS,UNSALTED,CHOPPED,COARSELY
 MILK,NONFAT,DRY
 NUTMEG,GROUND
 WATER
 EXTRACT,VANILLA
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 SUGAR,POWDERED
 WATER,BOILING
 MARGARINE,SOFTENED
 EXTRACT,VANILLA

Weight

1-2/3 lbs
 12 oz
 7-2/3 oz
 1/4 oz
 6-3/4 lbs
 1-7/8 lbs
 1-1/2 lbs
 1-1/2 lbs
 3-5/8 oz
 1/2 oz
 3-1/8 lbs
 7/8 oz
 1-1/4 lbs
 2 oz
 2-1/8 lbs
 8-1/3 oz
 2 oz
 1/8 oz

Measure

1 qts 2 cup
 1-1/2 cup
 1-1/2 cup
 1 tbsp
 1 gal 2-3/8 qts
 1 qts 2 cup
 3-1/2 cup
 1 qts 5/8 cup
 1-1/2 cup
 2 tbsp
 1 qts 2 cup
 2 tbsp
 2-1/4 cup
 1/4 cup 1/3 tbsp
 2 qts
 1 cup
 1/4 cup 1/3 tbsp
 1/8 tsp

Issue

Method

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, combine Biscuit Mix, raisins, sugar, walnuts, nonfat dry milk and nutmeg; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl. Continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Pour 1 gallon batter into each lightly sprayed and floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart of topping over batter in each pan.
- 7 Using a convection oven, bake 30 minutes on low fan, open vent. Remove cakes from oven and let cool slightly.
- 8 GLAZE: Combine powdered sugar, hot water, butter or margarine and vanilla; mix until smooth.
- 9 Drizzle 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

QUICK CHERRY COFFEE CAKE (BISCUIT MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	48 g	4 g	9 g	24 mg	443 mg	79 mg

Ingredient

Weight

Measure

Issue

FLOUR,WHEAT,GENERAL PURPOSE	1-2/3 lbs	1 qts 2 cup	
MARGARINE,SOFTENED	12 oz	1-1/2 cup	
SUGAR,BROWN,PACKED	7-2/3 oz	1-1/2 cup	
CINNAMON,GROUND	1/4 oz	1 tbsp	
BISCUIT MIX	6-3/4 lbs	1 gal 2-3/8 qts	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
WATER	3-1/8 lbs	1 qts 2 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
EXTRACT,VANILLA	7/8 oz	2 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CHERRIES,CANNED,RED,TART,WATER PACK,INCL LIQUIDS	6-1/2 lbs	2 qts 3-7/8 cup	
SUGAR,POWDERED	2-1/8 lbs	2 qts	
WATER,BOILING	8-1/3 oz	1 cup	
MARGARINE,SOFTENED	2 oz	1/4 cup 1/3 tbsp	
EXTRACT,VANILLA	1/8 oz	1/8 tsp	

Method

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 7.
- 2 CAKE: In mixer bowl, combine Biscuit Mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Pour 3-1/2 quart batter into each lightly sprayed and floured pan. Spread batter evenly.
- 6 Arrange 2-1/2 pounds cherries evenly over batter in each pan.
- 7 Sprinkle 1 quart of topping over batter and cherries in each pan.
- 8 Using a convection oven, bake about 30 minutes on low fan, open vent at 325 F. Remove cakes from oven and let cool slightly.
- 9 GLAZE: Combine powdered sugar, hot water, butter or margarine, vanilla; mix until smooth.
Drizzle 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

QUICK ORANGE-COCONUT COFFEE CAKE (BISCUIT MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
405 cal	53 g	4 g	20 g	37 mg	519 mg	66 mg

Ingredient

SUGAR,GRANULATED
 MARGARINE,SOFTENED
 BISCUIT MIX
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 WATER
 EGGS,WHOLE,FROZEN
 EXTRACT,VANILLA
 ORANGE-COCONUT TOPPING
 COOKING SPRAY,NONSTICK

Weight

1-1/2 lbs

 6-3/4 lbs

 3-1/8 lbs
 1-1/4 lbs
 7/8 oz

 2 oz

Measure

3-1/2 cup
 1 cup
 1 gal 2-3/8 qts
 2-1/4 cup
 1-1/2 cup
 1 qts 2 cup
 2-1/4 cup
 2 tbsp
 2 qts 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 TOPPING: In mixer bowl, cream sugar and butter or margarine at medium speed 2 minutes. Add coconut, orange juice, flour and orange rind; mix at low speed 2 minutes. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, combine bisquick mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick spray. Pour 3-1/2 quarts of batter into each sprayed and floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart topping over batter in each pan.
- 7 Using a convection oven, bake about 30 minutes on low fan, open vent at 325 F. Remove cakes from oven and let cool slightly. Cut 6 by 9.

QUICK COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	45 g	4 g	11 g	32 mg	246 mg	68 mg

Ingredient

Weight

Measure

Issue

FLOUR,WHEAT,GENERAL PURPOSE	1-2/3 lbs	1 qts 2 cup	
BUTTER,SOFTENED	12 oz	1-1/2 cup	
SUGAR,BROWN,PACKED	7-2/3 oz	1-1/2 cup	
CINNAMON,GROUND	1/4 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
SUGAR,GRANULATED	3 lbs	1 qts 2-3/4 cup	
MILK,NONFAT,DRY	3 oz	1-1/4 cup	
BAKING POWDER	2-3/4 oz	1/4 cup 2 tbsp	
SALT	1 oz	1 tbsp	
WATER	3-1/8 lbs	1 qts 2 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
EXTRACT,VANILLA	7/8 oz	2 tbsp	
SUGAR,POWDERED	2-1/8 lbs	2 qts	
WATER,BOILING	8-1/3 oz	1 cup	
BUTTER,SOFTENED	2 oz	1/4 cup 1/3 tbsp	
EXTRACT,VANILLA	1/8 oz	1/8 tsp	

Method

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, sift together flour, sugar and nonfat dry milk, baking powder and salt; mix at low speed 1 minute or until well blended.
- 3 Combine water, salad oil, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Pour 3-1/2 quart into each lightly sprayed and floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart of topping over batter in each pan.
- 7 Using a convection oven, bake on low fan, open vent at 325 F. for about 30 minutes. Remove cakes from oven and let cool slightly.
- 8 GLAZE: Combine powdered sugar, hot water, butter or margarine and vanilla; mix until smooth.
- 9 Drizzle 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

TEMPURA BATTER

Yield 100

Portion 1 Gallon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
5796 cal	1069 g	204 g	66 g	2231 mg	27078 mg	3545 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 WATER,COLD

Weight

3 lbs
 1-3/4 oz
 1-7/8 oz
 1-1/8 lbs
 5-1/4 lbs

Measure

2 qts 3 cup
 1/4 cup
 3 tbsp
 2-1/8 cup
 2 qts 2 cup

Issue

Method

- 1 Sift together flour, baking powder, and salt into mixer bowl.
- 2 Add water to beaten eggs.
- 3 Add egg mixture to dry ingredients; whip at high speed until smooth.
- 4 Fry in small batches. Tempura-fried foods lose crispness if allowed to stand on steam-table. DO NOT SAVE.

Notes

- 1 Batter may be used for Tempura Fried Shrimp, Recipe No. L 137 01 and Tempura Fried Onion Rings, Recipe No. Q 035 02.

DANISH DIAMONDS (DANISH PASTRY DOUGH)

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
228 cal	23 g	3 g	14 g	5 mg	168 mg	15 mg

Ingredient

DANISH DOUGH,FROZEN
 EGG WASH
 PIE FILLING,APPLE,PREPARED
 EGG WASH

Weight

11 lbs
 181-7/8 gm
 6 lbs
 181-7/8 gm

Measure

100 each
 3/4 unit
 3 qts
 3/4 unit

Issue

Method

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Prepare 1/2 Recipe (1-1/2 cups) Egg Wash, Recipe No. D 017 00. Use 3/4 cup of egg wash. Lightly brush entire surface of each square. Set aside remaining 3/4 cup egg wash for use in Step 6.
- 3 Place pie filling in mixer bowl. Using whip, mix on medium speed 15 seconds to break up large pieces. Place about 2 tbsp filling in center of each square. Fold lower left corner to center; fold upper right corner over top of first corner. Press firmly to seal; repeat by folding lower right corner to center; press firmly to seal. Fold upper left corner to center; press tip to seal.
- 4 Place squares on lightly greased pans in rows 4 by 6.
- 5 Brush lightly with remaining egg wash.
- 6 Proof at 90 F. for 30 to 45 minutes or until double in bulk.
- 7 Using a convection oven, bake at 325 F. for 10 minutes or until golden brown on low fan, open vent.
- 8 Cool. Glaze if desired, with Vanilla Glaze or Variations, Recipe Nos. D 046 00, D 046 01, D 046 02.

Notes

- 1 In Step 3, any type of fruit pie filling may be used.
- 2 In Step 3, 7 lb 11 oz of cherry, pineapple or strawberry jam may be used, per 100 portions.
- 3 Prepare in batches as dough becomes difficult to work with in 15 minutes.

BEAR CLAWS (DANISH PASTRY DOUGH)

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	20 g	3 g	15 g	5 mg	162 mg	14 mg

Ingredient

DANISH DOUGH,FROZEN
 EGG WASH
 PIE FILLING,APPLE,PREPARED
 COOKING SPRAY,NONSTICK
 EGG WASH

Weight

11 lbs
 181-7/8 gm
 3-1/8 lbs
 2 oz
 181-7/8 gm

Measure

100 each
 3/4 unit
 1 qts 2-1/4 cup
 1/4 cup 1/3 tbsp
 3/4 unit

Issue

Method

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Prepare 1/2 Recipe Egg Wash, Recipe No. D 017 00. Use 3/4 cup of egg wash. Lightly brush entire surface of each square. Set aside remaining 3/4 cup egg wash for use in Step 6.
- 3 Place about 1 tablespoon of filling over half of each square. Fold in half; seal edge by pressing firmly.
- 4 Make 3 cuts, 3/4-inch in depth, on 4-inch sealed side of each piece to form a claw.
- 5 Lightly spray pans with non-stick cooking spray. Place dough on pans. Bend into slight horseshoe shape and spread claws slightly.
- 6 Brush lightly with remaining egg wash.
- 7 Proof at 90 F. to 100 F. for 30 to 45 minutes or until double in size.
- 8 Using a convection oven, bake at 325 F. for 10 minutes or until golden brown on low fan, open vent.
- 9 Cool. Glaze if desired, with Vanilla Glaze or Variations, Recipe Nos. D 046 00, D 046 01, D 046 02.

Notes

- 1 Prepare in batches as dough becomes difficult to work with in 15 minutes.

FRUIT TURNOVERS (FROZEN PUFF PASTRY DOUGH)

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	33 g	4 g	22 g	5 mg	155 mg	9 mg

Ingredient

PUFF PASTRY DOUGH,SQUARES,FROZEN
 EGG WASH
 PIE FILLING,APPLE,PREPARED
 COOKING SPRAY,NONSTICK
 EGG WASH

Weight

12-1/2 lbs
 181-7/8 gm
 6 lbs
 2 oz
 181-7/8 gm

Measure

100 each
 3/4 unit
 3 qts
 1/4 cup 1/3 tbsp
 3/4 unit

Issue

Method

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Prepare 1/2 recipe Egg Wash (Recipe No. D 017 00). Use 3/4 cup egg wash. Lightly brush entire surface of each square. Set aside remaining 3/4 cup egg wash for use in Step 5.
- 3 Place about 2 tbsp filling in center of each square. Fold upper right corner over lower left corner to form a triangle. Seal by crimping edges together.
- 4 Make two 1-inch slits in the center.
- 5 Lightly spray each pan with non-stick cooking spray. Place 24 turnovers on each pan.
- 6 Brush lightly with remaining egg wash.
- 7 Using a convection oven, bake 15 minutes in a 350 F. with low fan, open vent or until golden brown.
- 8 Cool. Glaze if desired, with Vanilla Glaze or Variations, Recipe Nos. D 046 00, D 046 01, D 046 02.

Notes

- 1 In Step 3, pie filling, prepared, fruit (apple, blueberry, cherry, or peach) may be used as filling. Place in mixer bowl. Using whip, mix on medium speed 15 seconds to break up large pieces.
- 2 In Step 3, 7 pounds 11 ounces of cherry, pineapple, or strawberry jam may be used, per 100 portions.
- 3 Prepare in batches as dough becomes difficult to work with in 15 minutes.

FRUIT PUFFS (FROZEN PUFF PASTRY DOUGH)

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	37 g	4 g	22 g	0 mg	153 mg	7 mg

Ingredient

PUFF PASTRY DOUGH,SQUARES,FROZEN
 WATER
 SUGAR,GRANULATED
 PIE FILLING,APPLE,PREPARED

Weight

12-1/2 lbs
 12-1/2 oz
 1 lbs
 6 lbs

Measure

100 each
 1-1/2 cup
 2-1/4 cup
 3 qts

Issue

Method

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Place squares in rows 3 by 5 on pans. Brush water over each square. Sprinkle sugar over each square.
- 3 Place about 2 tbsp filling in center of each square. Fold lower left corner to center; fold upper right corner over top of first corner. Press firmly to seal; repeat by folding lower right corner to center; press firmly to seal. Fold upper left corner to center; press tip to seal.
- 4 Using a convection oven, bake in 350 F. for 15 minutes with low fan and open vent or until golden brown.
- 5 Cool.

Notes

- 1 In Step 3, pie filling, prepared, fruit (apple, blueberry, cherry, or peach) may be used as filling. Place in mixer bowl. Using whip, mix on medium speed 15 seconds to break up large pieces.
- 2 In Step 3, 7 lbs 11 oz cherry, pineapple or strawberry jam may be used, per 100 portions.
- 3 Prepare in batches as dough becomes difficult to work with in 15 minutes.

CORNSTARCH WASH

Yield 100

Portion 1 Quart

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
122 cal	29 g	0 g	0 g	0 mg	31 mg	20 mg

Ingredient

CORNSTARCH
WATER

Weight

1-1/8 oz
2-1/8 lbs

Measure

1/4 cup 1/3 tbsp
1 qts

Issue

Method

- 1 Combine cornstarch and water. Bring to a boil; cook until clear.
- 2 Brush on bread and rolls before and immediately after baking.

Notes

- 1 Keep wash warm. Reheat if necessary.

CHERRY FILLING (CORNSTARCH)

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
7081 cal	1816 g	23 g	4 g	0 mg	76 mg	358 mg

Ingredient

CHERRIES,CANNED,RED,TART,WATER PACK,DRAINED
 RESERVED LIQUID
 CORNSTARCH
 SUGAR,GRANULATED
 FOOD COLOR,RED

Weight

6-1/2 lbs
 1-5/8 lbs
 4-1/2 oz
 3 lbs
 1/8 oz

Measure

3 qts
 3 cup
 1 cup
 1 qts 2-3/4 cup
 1/8 tsp

Issue

Method

- 1 Drain cherries. Dissolve cornstarch in juice. Set juice and cornstarch mixture aside for use in Step 4.
- 2 Mash cherries with wire whip 1 minute at medium speed; combine with sugar and food coloring.
- 3 Bring to a boil in steam-jacketed kettle or stock pot stirring constantly to prevent scorching. Reduce heat. Simmer about 10 minutes.
- 4 Add reserved juice and cornstarch mixture to cherries while stirring. Cook 2 to 3 minutes until clear and thickened, stirring constantly. Remove from heat; cool.

CHERRY FILLING (PIE FILLING, PREPARED)

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
3132 cal	798 g	14 g	5 g	0 mg	245 mg	300 mg

Ingredient

PIE FILLING,CHERRY,PREPARED

Weight

6 lbs

Measure

3 qts

Issue

Method

- 1 Mash prepared filling with a wire whip for 1 minute at medium speed.

APPLE FILLING (PIE FILLING, PREPARED)

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2749 cal	713 g	3 g	3 g	0 mg	1197 mg	109 mg

Ingredient

PIE FILLING,APPLE,PREPARED

Weight

6 lbs

Measure

3 qts

Issue

Method

- 1 Break up large pieces of prepared apple pie filling with wire whip one minute at medium speed.

BLUEBERRY FILLING (PIE FILLING, PREPARED)

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2871 cal	754 g	0 g	0 g	0 mg	1615 mg	718 mg

Ingredient

PIE FILLING,BLUEBERRY,PREPARED

Weight

7 lbs

Measure

3 qts

Issue

Method

- 1 Use accordingly.

RASPBERRY FILLING (PREPARED BAKERY)

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2947 cal	774 g	0 g	0 g	0 mg	1657 mg	737 mg

Ingredient

RASPBERRY BAKERY FILLING

Weight

7-1/4 lbs

Measure

3 qts 3/8 cup

Issue

Method

- 1 Use accordingly.

CINNAMON SUGAR FILLING

Yield 100

Portion 4-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
1843 cal	480 g	1 g	1 g	0 mg	191 mg	735 mg

Ingredient

CINNAMON,GROUND
SUGAR,BROWN,PACKED

Weight

1 oz
1 lbs

Measure

1/4 cup 1/3 tbsp
3-1/4 cup

Issue

Method

- 1 Combine cinnamon and brown sugar.

Notes

- 1 Granulated sugar may be substituted for brown sugar.

CINNAMON SUGAR NUT FILLING

Yield 100

Portion 4-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
6933 cal	646 g	232 g	433 g	0 mg	244 mg	1506 mg

Ingredient

CINNAMON,GROUND
 SUGAR,BROWN,PACKED
 NUTS,UNSALTED,CHOPPED,COARSELY

Weight

1 oz
 1 lbs
 1-7/8 lbs

Measure

1/4 cup 1/3 tbsp
 3-1/4 cup
 1 qts 2 cup

Issue

Method

- 1 Combine cinnamon and brown sugar.
- 2 Sprinkle chopped nuts over cinnamon sugar mixture.

Notes

- 1 In Step 1, granulated sugar may be substituted for brown sugar.

CINNAMON SUGAR RAISIN FILLING

Yield 100

Portion 4-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
4562 cal	1197 g	30 g	5 g	0 mg	300 mg	1179 mg

Ingredient

CINNAMON,GROUND
SUGAR,BROWN,PACKED
RAISINS

Weight

1 oz
1 lbs
2 lbs

Measure

1/4 cup 1/3 tbsp
3-1/4 cup
1 qts 2-1/4 cup

Issue

Method

- 1 Combine cinnamon and brown sugar.
- 2 Sprinkle raisins over cinnamon sugar mixture.

Notes

- 1 In Step 1, granulated sugar may be substituted for brown sugar.

BREADS AND SWEET DOUGHS No.D 043 00
NUT FILLING

Yield 100

Portion 7-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
10666 cal	1214 g	95 g	641 g	1118 mg	4412 mg	970 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
CINNAMON,GROUND
SUGAR,GRANULATED
SUGAR,BROWN,PACKED
BUTTER,MELTED
WALNUTS,SHELLED,CHOPPED

Weight

13-1/4 oz
3/8 oz
1-1/8 lbs
12-3/4 oz
1-1/8 lbs
12-2/3 oz

Measure

3 cup
1 tbsp
2-1/2 cup
2-1/2 cup
2-1/4 cup
3 cup

Issue

Method

- 1 Sift together flour and cinnamon in mixer bowl; blend in sugars.
- 2 Add butter or margarine to dry ingredients; mix at low speed until well blended.
- 3 Add nuts, mixing at low speed. Use about 1 tbsp filling for each pastry.

OAT BRAN RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	29 g	5 g	7 g	40 mg	189 mg	88 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 RAISINS
 CEREAL,OATMEAL,ROLLED
 CEREAL,OAT BRAN
 SUGAR,BROWN,PACKED
 WATER,WARM
 EGGS,WHOLE,FROZEN
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

1-2/3 lbs
 5-1/8 oz
 2-3/4 oz
 5/8 oz
 1-7/8 lbs
 2-7/8 lbs
 12 oz
 1 lbs
 4-2/3 lbs
 2 lbs
 1 lbs
 2 oz

Measure

1 qts 2 cup
 2-1/8 cup
 1/4 cup 2 tbsp
 1 tbsp
 1 qts 2 cup
 2 qts 1/2 cup
 1 qts 2 cup
 3 cup
 2 qts 1 cup
 3-3/4 cup
 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend in raisins, rolled oats, oat bran, and brown sugar at low speed for 1/2 minute.
- 3 Add water, eggs, and oil or shortening to dry ingredients; mix at low speed until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full (1-No. 16 scoop).
- 5 Using a convection oven, bake at 350 F. for 20 minutes or until lightly browned with open vent and fan turned off first 5 minutes, then low fan.

BREADS AND SWEET DOUGHS No.D 045 00
SYRUP GLAZE

Yield 100

Portion 1 Quart

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2930 cal	790 g	1 g	1 g	0 mg	1106 mg	146 mg

Ingredient

SYRUP
WATER

Weight

2-1/3 lbs
1 lbs

Measure

3-3/8 cup
2 cup

Issue

Method

- 1 Combine syrup and water. Bring to a boil; boil about 5 minutes, stirring constantly.
- 2 Brush warm glaze over rolls or coffee cakes immediately after baking.

VANILLA GLAZE

Yield 100

Portion 2-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
3125 cal	717 g	0 g	35 g	93 mg	365 mg	22 mg

Ingredient

SUGAR,POWDERED,SIFTED
 BUTTER,SOFTENED
 WATER,BOILING
 EXTRACT,VANILLA

Weight

1-5/8 lbs
 1-1/2 oz
 6-1/4 oz
 1/4 oz

Measure

1 qts 2 cup
 3 tbsp
 3/4 cup
 1/4 tsp

Issue

Method

- 1 Combine powdered sugar, butter, boiling water, and vanilla; mix until smooth.
- 2 Spread glaze over baked sweet rolls or coffee cakes. Coat or dip fried doughnuts in glaze.

ALMOND GLAZE

Yield 100

Portion 2-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
3115 cal	717 g	0 g	35 g	93 mg	364 mg	21 mg

Ingredient

SUGAR,POWDERED,SIFTED
 BUTTER,SOFTENED
 WATER,BOILING
 EXTRACT,ALMOND

Weight

1-5/8 lbs
 1-1/2 oz
 6-1/4 oz
 1/8 oz

Measure

1 qts 2 cup
 3 tbsp
 3/4 cup
 1/8 tsp

Issue

Method

- 1 Combine powdered sugar, butter, boiling water, and flavoring; mix until smooth.
- 2 Spread glaze over baked sweet rolls or coffee cakes. Coat or dip fried doughnuts in glaze.

BREADS AND SWEET DOUGHS No.D 046 02
RUM GLAZE

Yield 100

Portion 2-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
3125 cal	717 g	0 g	35 g	93 mg	365 mg	22 mg

Ingredient

SUGAR,POWDERED,SIFTED
 BUTTER,SOFTENED
 WATER,BOILING
 EXTRACT,RUM

Weight

1-5/8 lbs
 1-1/2 oz
 6-1/4 oz
 1/4 oz

Measure

1 qts 2 cup
 3 tbsp
 3/4 cup
 1/4 tsp

Issue

Method

- 1 Combine powdered sugar, butter, boiling water, and flavoring; mix until smooth.
- 2 Spread glaze over baked sweet rolls or coffee cakes. Coat or dip fried doughnuts in glaze.

PINEAPPLE FILLING (CORNSTARCH)

Yield 100

Portion 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2942 cal	680 g	10 g	36 g	93 mg	389 mg	331 mg

Ingredient

PINEAPPLE,CANNED,CRUSHED
 BUTTER,MELTED
 SUGAR,GRANULATED
 CORNSTARCH
 WATER

Weight

5 lbs
 1-1/2 oz
 8-7/8 oz
 3 oz
 5-5/8 oz

Measure

2 qts 1 cup
 3 tbsp
 1-1/4 cup
 1/2 cup 2-2/3 tbsp
 1/2 cup 2-2/3 tbsp

Issue

Method

- 1 Combine pineapple, butter, and sugar and combine over heat.
- 2 Dissolve cornstarch in cool water; add to hot pineapple mixture while stirring; bring to a boil; cook until thick and clear, about 5 minutes.
- 3 Cool slightly before using.

Notes

- 1 If desired, filling may be used for cake. Use 3 quarts filling for each sheet cake or 2 cups for each 9-inch layer cake.

ORANGE-COCONUT TOPPING

Yield 100

Portion 2-1/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
9327 cal	1063 g	42 g	581 g	497 mg	4811 mg	314 mg

Ingredient

BUTTER,SOFTENED
 SUGAR,GRANULATED
 FLOUR,WHEAT,GENERAL PURPOSE
 JUICE,ORANGE,CANNED,UNSWEETENED
 ORANGE,RIND,GRATED
 COCONUT,PREPARED,SWEETENED FLAKES

Weight

8 oz
 1 lbs
 2-1/4 oz
 8-3/4 oz
 1-1/4 oz
 2-1/2 lbs

Measure

1 cup
 2-1/4 cup
 1/2 cup
 1 cup
 1/4 cup 2-1/3 tbsp
 3 qts

Issue

Method

- 1 Cream butter or margarine and sugar together at medium speed in mixer bowl.
- 2 Add flour, orange juice, orange rind, and coconut; blend.
- 3 Spread over sweet rolls or coffee cakes after proofing.

STREUSEL TOPPING

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
9380 cal	1242 g	83 g	468 g	1242 mg	4892 mg	818 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,BROWN,PACKED
 SUGAR,GRANULATED
 CINNAMON,GROUND
 BUTTER

Weight

1-2/3 lbs
 1 lbs
 7 oz
 1/2 oz
 1-1/4 lbs

Measure

1 qts 2 cup
 3-1/4 cup
 1 cup
 2 tbsp
 2-1/2 cup

Issue**Method**

- 1 Place flour, sugars, and cinnamon in mixer bowl; blend thoroughly at low speed 2 minutes.
- 2 Add butter or margarine to dry ingredients; blend at low speed 1-1/2 to 2 minutes or until mixture resembles coarse cornmeal. DO NOT OVERMIX.
- 3 Sprinkle over sweet rolls and coffee cakes before baking.

Notes

- 1 If butter or margarine is too soft, a mass will form and mixture will not be crumbly.

PECAN TOPPING

Yield 100

Portion 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8428 cal	752 g	56 g	624 g	497 mg	2122 mg	816 mg

Ingredient

BUTTER
SUGAR,BROWN,PACKED
PECANS,CHOPPED

Weight

8 oz
1-1/3 lbs
1-1/2 lbs

Measure

1 cup
1 qts 1/4 cup

Issue

Method

- 1 Combine softened butter or margarine, brown sugar, and chopped pecans.
- 2 Use as a topping for Pecan Rolls, Recipe No. D 036 03.

Notes

- 1 If butter or margarine is too soft, a mass will form and mixture will not be crumbly.

BREADS AND SWEET DOUGHS No.D 050 00
MAPLE SYRUP

Yield 100

Portion 1 Gallon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
7143 cal	1835 g	0 g	0 g	0 mg	1364 mg	1612 mg

Ingredient

SUGAR,BROWN,PACKED
WATER
SALT
CORNSTARCH
FLAVORING,MAPLE

Weight

4-1/8 lbs
4-1/8 lbs
<1/16th oz
1-1/3 oz
5/8 oz

Measure

3 qts 3/4 cup
2 qts
<1/16th tsp
1/4 cup 1 tbsp
1 tbsp

Issue

Method

- 1 Combine brown sugar, water, salt, and cornstarch. Bring to a boil; reduce heat; simmer about 10 minutes or until thickened.
- 2 Remove from heat; add maple flavoring.

Notes

- 1 Hot syrup will be thin, but will thicken upon cooling.

FRYING BATTER

Yield 100

Portion 1 Gallon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
10896 cal	2068 g	350 g	114 g	2246 mg	67950 mg	3966 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 SALT
 MILK,NONFAT,DRY
 BAKING POWDER
 EGGS,WHOLE,FROZEN
 OIL,SALAD
 WATER

Weight

5-1/2 lbs
 3-1/2 oz
 5-3/4 oz
 3 oz
 1-1/3 oz
 1-1/8 lbs
 1-1/4 oz
 4-1/8 lbs

Measure

1 gal 1 qts
 1/2 cup
 1/2 cup 1 tbsp
 1-1/4 cup
 2-2/3 tbsp
 2-1/8 cup
 2-2/3 tbsp
 2 qts

Issue

Method

- 1 Sift together flour, sugar, salt, milk, and baking powder into mixer bowl.
- 2 Combine eggs and salad oil or melted shortening; add to dry ingredients.
- 3 Slowly add water; beat at medium speed until smooth.

Notes

- 1 Batter may be used for fruits and vegetables such as apples, eggplant, and tomatoes. Moist foods should be dredged in flour before dipping into batter. When ready to fry, dip into batter; drain slightly. Fry in 350 F. to 375 F. deep fat until lightly browned.
- 2 Use batter the day prepared. DO NOT SAVE.

OATMEAL BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	37 g	7 g	4 g	0 mg	216 mg	21 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING
 CEREAL,OATMEAL,ROLLED
 COOKING SPRAY,NONSTICK

Weight

5-1/8 oz
 1-1/3 lbs
 3-7/8 lbs
 8 oz
 2-2/3 oz
 1-7/8 oz
 8-1/2 lbs
 7-1/4 oz
 2 lbs
 2 oz

Measure

3/4 cup
 2-1/2 cup
 1 qts 3-1/2 cup
 1-1/8 cup
 1-1/8 cup
 3 tbsp
 1 gal 3 qts
 1 cup
 1 qts 1-5/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, milk, and salt in mixer bowl; blend thoroughly with a wire whip.
- 3 Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 6 Add oats; mix at low speed 2 minutes. Mix at medium speed 1 minute.
- 7 FERMENT: Cover. Set in warm place (80 F.), 1 hour and 45 minutes or until double in bulk.
- 8 PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
- 9 MAKE UP: Scale into 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 10 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into a pan sprayed with non-stick cooking spray.
- 10 PROOF: At 90 F. to 100 F. about 45 minutes or until double in bulk.
- 11 Bake 45 to 50 minutes in 375 F. oven or in 325 F. convection oven for 30 minutes on high fan, open vent, or until done.
- 12 When cool, slice 25 slices, about 1/2-inch thick per loaf.

Notes

- 1 If using 9x4-1/2x2-3/4-inch bread pans, scale into 10 1-3/8 pound pieces; proof at 90 F. to 100 F. for 30 minutes or until double in bulk. Slice 20 slices, about 1/2-inch thick per loaf.

APPLESAUCE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	33 g	3 g	4 g	12 mg	213 mg	73 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 APPLESAUCE,CANNED,UNSWEETENED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 2-1/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 5 lbs
 9-5/8 oz
 9-5/8 oz
 10-1/4 oz
 2 oz

Measure

1 gal 1-1/4 qts
 1 qts 1 cup
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 2 qts 1-3/8 cup
 1-1/8 cup
 1-1/8 cup
 1-3/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil or shortening; mix at low speed 15 seconds or until dry ingredients are moistened. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.

APPLESAUCE RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
207 cal	40 g	4 g	4 g	12 mg	214 mg	77 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 RAISINS
 APPLESAUCE,CANNED,UNSWEETENED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 2-1/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 1-7/8 lbs
 5 lbs
 9-5/8 oz
 9-5/8 oz
 10-1/4 oz
 2 oz

Measure

1 gal 1-1/4 qts
 1 qts 1 cup
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 2 cup
 2 qts 1-3/8 cup
 1-1/8 cup
 1-1/8 cup
 1-3/8 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil or shortening; mix at low speed 15 seconds until dry ingredients are moistened. Fold in raisins. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.

APPLESAUCE ORANGE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	35 g	4 g	4 g	12 mg	213 mg	76 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 APPLESAUCE,CANNED,UNSWEETENED
 JUICE,ORANGE,FROZEN,CONCENTRATE,3/1,THAWED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 2-1/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 3-1/4 lbs
 1-7/8 lbs
 9-5/8 oz
 9-5/8 oz
 10-1/4 oz
 2 oz

Measure

1 gal 1-1/4 qts
 1 qts 1 cup
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 2 cup
 3 cup
 1-1/8 cup
 1-1/8 cup
 1-3/8 cup
 1/4 cup 1/3 tsp

Issue**Method**

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, orange juice concentrate, eggs, egg whites, and salad oil or shortening; mix at low speed for 15 seconds or until dry ingredients are moistened. DO NOT OVERMIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.

PINEAPPLE CARROT MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	24 g	4 g	4 g	0 mg	205 mg	99 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FLOUR,WHEAT,GENERAL PURPOSE	3-1/8 lbs	2 qts 3-1/2 cup	
CEREAL,OAT BRAN	11-1/2 oz	1 qts 1-3/4 cup	
BAKING POWDER	3-1/8 oz	1/4 cup 2-2/3 tbsp	
BAKING SODA	1 oz	2 tbsp	
YOGURT,PLAIN,NONFAT	3-3/4 lbs	1 qts 3 cup	
SUGAR,BROWN,PACKED	1-1/4 lbs	1 qts	
OIL,SALAD	11-1/2 oz	1-1/2 cup	
EGG WHITES,FROZEN,THAWED	14-7/8 oz	1-3/4 cup	
PINEAPPLE,CANNED,CRUSHED,JUICE PACK,DRAINED	3-7/8 lbs	1 qts 3 cup	
CARROTS,FRESH,GRATED	1-1/2 lbs	1 qts 2-1/4 cup	1-7/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Sift together flour, oat bran, baking powder, and baking soda. Set aside for use in Step 5.
- 2 Combine yogurt, brown sugar, and oil in mixer bowl. Beat at medium speed about 1 minute or until well blended.
- 3 Add egg whites; mix at low speed about 30 seconds.
- 4 Add pineapple and carrots; mix at low speed for 30 seconds.
- 5 Add flour mixture; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix about 15 seconds or until ingredients are moistened. Do not overmix.
- 6 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 7 Bake 25 to 30 minutes at 400 F. or until lightly browned, or using a 350 F. convection oven, bake for 18 to 20 minutes or until lightly browned with open vent, low fan.

WHOLE WHEAT BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	29 g	5 g	3 g	0 mg	288 mg	25 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 FLOUR,WHOLE WHEAT
 SHORTENING,SOFTENED

Weight

1-2/3 oz
 12-1/2 oz
 4-1/8 lbs
 4-1/2 oz
 10-5/8 oz
 2-1/2 oz
 4-1/4 lbs
 3-1/2 lbs
 7-1/4 oz

Measure

1/4 cup 1/3 tbsp
 1-1/2 cup
 2 qts
 1-7/8 cup
 1-1/2 cup
 1/4 cup 1/3 tbsp
 3 qts 2 cup
 3 qts 1 cup
 1 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Stir. Set aside for use in Step 4.
- 2 Place water, milk, sugar, and salt in mixer bowl. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Combine flours thoroughly; add to liquid in mixer bowl. Using dough hook, mix at low speed 1 minute or until the dry ingredients are incorporated into liquid.
- 4 Add yeast solution; mix at low speed for one minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed for 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 6 FERMENT: Cover. Set in warm place (80 F.) 2 hours or until double in bulk.
- 7 PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
- 8 PROOF: At 90 F. to 100 F. for about 1 hour or until double in size.
- 9 BAKE: 35 to 40 minutes at 375 F. or 30 to 35 minutes in a 325 F. convection oven until bread is done on high fan, open vent.
- 10 When cool, slice 25 slices, about 1/2-inch thick, per loaf.

WHOLE WHEAT BREAD (WHOLE WHEAT FLOUR SHRT TM FORM)

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	29 g	6 g	3 g	0 mg	218 mg	24 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 FLOUR,WHOLE WHEAT
 SHORTENING,SOFTENED
 FLOUR,WHOLE WHEAT
 SALT
 COOKING SPRAY,NONSTICK

Weight

3 oz
 1 lbs
 3/4 oz
 4-1/8 lbs
 3-5/8 oz
 5 oz
 2-1/4 lbs
 3-2/3 lbs
 6 oz
 2-1/8 lbs
 1-7/8 oz
 2 oz

Measure

1/4 cup 3-1/3 tbsp
 2 cup
 1 tbsp
 2 qts
 1-1/2 cup
 1/2 cup 3-1/3 tbsp
 1 qts 3-1/2 cup
 3 qts 2 cup
 3/4 cup 1-1/3 tbsp
 2 qts
 3 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar. Stir until dissolved. Let stand 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk, sugar, and yeast food. Using dough hook, mix at low speed until smooth.
- 3 Combine flours, add to bowl. Mix at low speed 2 minutes or until flour is incorporated; add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed for 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until dough is smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.), for 25 to 30 minutes or until double in bulk.
- 8 MAKE UP: Scale into 8-28 ounce pieces. Roll scaled dough to pan size; place 1 loaf into each lightly greased pan.
- 9 PROOF: At 90 F. for 25 to 30 minutes or until double in bulk.
- 10 BAKE: 5 minutes at 450 F. Reduce temperature to 375 F. and bake 40 to 45 minutes or until done or in a convection oven 3 to 5 minutes on high fan, open vent. Reduce temperature to 325 F., bake 22 to 26 minutes or until done on high fan, open vent.
- 11 When cool, slice 25 slices, about 1/2-inch thick, per loaf.

APPLE COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	39 g	4 g	5 g	0 mg	213 mg	65 mg

Ingredient

Weight

Measure

Issue

APPLES,CANNED,DRAINED,CHOPPED	8 lbs	1 gal	
JUICE,ORANGE	2-3/4 lbs	1 qts 1 cup	
CINNAMON,GROUND	3/4 oz	3 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	3 lbs	1 qts 2-3/4 cup	
FLOUR,WHOLE WHEAT	1-1/8 lbs	1 qts 1/4 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
BAKING POWDER	2-3/4 oz	1/4 cup 2 tbsp	
SALT	5/8 oz	1 tbsp	
NUTMEG,GROUND	1/4 oz	1 tbsp	
MARGARINE,SOFTENED	1 lbs	2 cup	
WATER	2 lbs	3-3/4 cup	
EXTRACT,VANILLA	3/4 oz	1 tbsp	
EGG WHITES,FROZEN,THAWED	1-3/4 lbs	3-1/4 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SUGAR,BROWN,PACKED	3-7/8 oz	3/4 cup	

Method

- 1 Coarsely chop apples. Toss with orange juice and cinnamon. Cover.
- 2 Sift together flour, sugar, whole wheat flour, milk, baking powder, salt, and nutmeg into mixer bowl.
- 3 Add margarine, water, and vanilla to dry ingredients. Beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes. Scrape down bowl.
- 4 Slowly add egg whites to mixture while beating at low speed 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 5 Pour 2-1/2 quarts of batter into each lightly sprayed pan. Spread to evenly distribute batter.
- 6 Spread about 2-1/2 quarts apple mixture evenly over batter in each pan. Sprinkle 3 ounces or 1/3 cup of brown sugar over apples in pan.
- 7 Bake about 1 hour at 400 F. or until done or using a convection oven, bake at 325 F. for about 35 minutes or until done on low fan, open vent.
- 8 Prepare 1 recipe Vanilla Glaze, Recipe No. D 046 00. Drizzle 8 ounces or 1 cup of glaze over warm cake in each pan.
- 9 Cut 6 by 9.

OVEN BAKED FRENCH TOAST

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	31 g	9 g	4 g	1 mg	365 mg	99 mg

Ingredient

WATER
 EXTRACT,VANILLA
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 CINNAMON,GROUND
 EGG SUBSTITUTE,PASTEURIZED
 BREAD,WHITE,SLICED
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 2-1/2 oz
 5-5/8 oz
 10-5/8 oz
 3/8 oz
 7-3/4 lbs
 12 lbs
 2 oz

Measure

2 qts 3 cup
 1/4 cup 1-2/3 tbsp
 2-3/8 cup
 1-1/2 cup
 1 tbsp
 3 qts 2 cup
 9 gal 2-7/8 qts
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Place water and vanilla in mixer bowl.
- 2 Combine milk, sugar, and cinnamon; blend well. Add to water; mix at low speed until dissolved or for about 1 minute.
- 3 Add egg substitute to ingredients in mixer bowl; mix at low speed until well blended, about 1 minute.
- 4 Stir egg mixture before using to redistribute cinnamon. Dip bread slices in egg mixture to coat both sides. Do not soak.
- 5 Lightly spray sheet pans with non-stick spray. Place dipped bread slices on pans 4 by 6.
- 6 Bake 20 to 25 minutes or until toast is golden brown in 450 F. oven or using a convection oven, bake at 425 F. for 12 to 14 minutes on high fan, open vent or until golden brown. Use batch method of preparation. Toast becomes tough when held more than 15 minutes.

WHOLE WHEAT ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
261 cal	50 g	8 g	4 g	0 mg	383 mg	31 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHOLE WHEAT
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED

Weight

4-1/2 oz
 1-7/8 lbs
 6-3/4 lbs
 1-1/2 lbs
 3-3/8 oz
 5-1/2 lbs
 7-1/4 lbs
 4-1/2 oz
 9 oz

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 3 qts 1 cup
 3-3/8 cup
 1/4 cup 1-2/3 tbsp
 1 gal 1-1/4 qts
 1 gal 2 qts
 1-7/8 cup
 1-1/4 cup

Issue

Method

- 1 Sprinkle yeast over water. Do not use in temperatures above 110 F. Mix well. Let stand for 5 minutes. Stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine whole wheat flour, bread flour, and milk. Add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2-lb 14-oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inches long.
- 8 MAKE-UP: Shape into balls by rolling with a circular motion on work table.
- 9 PROOF: At 90 F. until double in bulk, about 1 hour.
- 10 BAKE: 15 to 20 minutes at 400 F., or in 350 F. convection oven for 10 to 15 minutes until golden brown, on high fan, open vent.

OATS AND FRUIT BREAKFAST SQUARES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
254 cal	42 g	6 g	8 g	0 mg	116 mg	36 mg

Ingredient

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS
 FLOUR,WHEAT,GENERAL PURPOSE
 CINNAMON,GROUND
 BAKING SODA
 MARGARINE,SOFTENED
 SUGAR,BROWN,PACKED
 SUGAR,GRANULATED
 RESERVED LIQUID
 EXTRACT,VANILLA
 EGG SUBSTITUTE,PASTEURIZED
 CEREAL,OATMEAL,ROLLED
 COOKING SPRAY,NONSTICK

Weight

8-7/8 lbs
 2-1/4 lbs
 1-7/8 oz
 1/2 oz
 1-1/2 lbs
 1-5/8 lbs
 1-1/8 lbs
 12-1/2 oz
 1-1/4 oz
 1-1/8 lbs
 5-3/8 lbs
 3/8 oz

Measure

1 gal 1/4 qts
 2 qts
 1/2 cup
 1 tbsp
 3 cup
 1 qts 1 cup
 2-5/8 cup
 1-1/2 cup
 2-2/3 tbsp
 2 cup
 3 qts 3-5/8 cup
 3/8 tsp

Issue

Method

- 1 Drain fruit; reserve liquid for use in Step 3 and fruit for use in Step 6.
- 2 Sift together flour, cinnamon, and baking soda; set aside for use in Step 5.
- 3 Place margarine, sugars, egg substitute, reserved liquid, and vanilla in a mixer bowl. Beat at high speed for 1 to 2 minutes or until well blended. Scrape down bowl.
- 4 Add oats; mix at low speed 1 minute until well blended. Scrape down bowl.
- 5 Add flour mixture; mix at low speed 1 to 2 minutes or until well blended. Scrape down bowl.
- 6 Add fruit; mix at low speed 30 seconds or until just mixed.
- 7 Lightly spray sheet pans. Place about 1-1/4 gallons in each sheet pan. Spread evenly.
- 8 Bake 35 minutes at 325 F. or until lightly browned and toothpick comes out clean on high fan, open vent.
- 9 Loosen from pans while still warm. Cut 6 by 9.

Notes

- 1 In Step 1, 4-1/4 quarts of canned, drained peaches or pears may be used for 100 portions.
- 2 In Step 4, a combination of 5-1/2 quarts or rolled oats and 1-1/2 quarts of oat bran cereal may be used instead of oats per 100 servings.

PUMPKIN PATCH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	25 g	3 g	5 g	0 mg	208 mg	64 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 FLOUR,WHOLE WHEAT
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 EGG SUBSTITUTE,PASTEURIZED
 MILK,NONFAT,DRY
 WATER
 PUMPKIN,CANNED,SOLID PACK
 OIL, CANOLA
 RAISINS
 COOKING SPRAY,NONSTICK

Weight

1-2/3 lbs
 1-5/8 lbs
 1-3/4 lbs
 2-5/8 oz
 7/8 oz
 5/8 oz
 1/2 oz
 1-1/8 lbs
 1-3/4 oz
 2 lbs
 2-1/8 lbs
 1 lbs
 1-1/4 lbs
 2 oz

Measure

1 qts 2 cup
 1 qts 2 cup
 1 qts
 1/4 cup 1-2/3 tbsp
 1 tbsp
 2-2/3 tbsp
 2 tbsp
 2 cup
 3/4 cup
 3-3/4 cup
 1 qts
 2 cup
 1 qts
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Combine all purpose flour, whole-wheat flour, sugar, baking powder, salt, cinnamon, and nutmeg, set aside.
- 2 Reconstitute milk. In a mixer bowl, combine milk, pumpkin, oil, and egg substitute, mix on low speed until blended.
- 3 Add flour mixture to mixer bowl; mix on low speed until dry ingredients are moistened. Fold in raisins. Do not over mix.
- 4 Lightly spray muffin tins with non-stick cooking spray. Fill muffin tins 2/3 full.
- 5 Bake at 400 F. for 15 to 20 minutes or until lightly browned.

DATE NUT BREAD

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	38 g	3 g	4 g	0 mg	189 mg	43 mg

Ingredient

Weight

Measure

Issue

WATER,ICE	4-1/8 lbs	2 qts	
DATES,PIECES	4-3/4 lbs	3 qts 1/4 cup	
MARGARINE	6 oz	3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-1/3 lbs	3 qts	
FLOUR,WHOLE WHEAT	14-7/8 oz	3-1/2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-3/8 cup	
BAKING SODA	1-1/2 oz	3 tbsp	
BAKING POWDER	1-2/3 oz	3-1/3 tbsp	
ORANGE PEEL,FRESH,GRATED	1/2 oz	2-1/3 tbsp	
EGG WHITES,FROZEN,THAWED	14-7/8 oz	1-3/4 cup	
WALNUTS,SHELLED,HALVES AND PIECES	8-1/2 oz	2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 In a large mixer bowl combine water, dates and margarine. Let cool 5 minutes or until the dates soften.
- 2 Mix together flour, whole-wheat flour, sugar, baking soda, baking powder, and orange peel.
- 3 Add flour mixture including egg whites to the date mixture and beat at low speed until dry ingredients have moistened. Fold in chopped walnuts.
- 4 Lightly spray loaf pans with non-stick cooking spray.
- 5 Scale 2-1/2 cups of batter into each loaf pan.
- 6 Bake at 350 F. for 40 to 45 minutes.

APPLESAUCE CINNAMON CRUMB TOP MUFFIN

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	38 g	3 g	5 g	0 mg	217 mg	76 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,GRANULATED
 APPLESAUCE,CANNED,SWEETENED
 EGG SUBSTITUTE,PASTEURIZED
 SHORTENING
 MARGARINE
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,BROWN,LIGHT
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 2-1/4 lbs
 5-1/4 lbs
 1-1/8 lbs
 10-7/8 oz
 3 oz
 1-2/3 oz
 6-7/8 oz
 2 oz

Measure

1 gal 1-1/4 qts
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 1 cup
 2 qts 1-3/8 cup
 2 cup
 1-1/2 cup
 1/4 cup 2-1/3 tbsp
 1/4 cup 2-1/3 tbsp
 1-3/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixer bowl.
- 2 Add applesauce, egg substitute, and salad oil or melted shortening; mix at low speed 15 seconds until dry ingredients are moistened.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full. Mix softened margarine, flour, and brown sugar until crumbly. Sprinkle on top of each muffin.
- 4 Bake at 400 F. for 20 to 25 minutes or until lightly brown or using a convection oven, bake at 350 F. for 23 to 26 minutes open vent, turn off fan first 10 minutes, then low fan.

APPLESAUCE BLUEBERRY MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
195 cal	36 g	3 g	4 g	0 mg	209 mg	75 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,GRANULATED
 APPLESAUCE,CANNED,SWEETENED
 EGG SUBSTITUTE,PASTEURIZED
 SHORTENING
 BLUEBERRIES,FROZEN,UNSWEETENED
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 2-1/4 lbs
 5-1/4 lbs
 1-1/8 lbs
 10-7/8 oz
 2-3/8 lbs
 2 oz

Measure

1 gal 1-1/4 qts
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 1 cup
 2 qts 1-3/8 cup
 2 cup
 1-1/2 cup
 1 qts 3 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixing bowl.
- 2 Add applesauce, egg substitute, and salad oil or melted shortening; mix at low speed 15 seconds until dry ingredients are moistened. Fold in blueberries. Do not overmix. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes at 400 F. oven or at 350 F. in a convection oven for 23 to 26 minutes or until done, open vent, fan turned off first 10 minutes, then low fan.

Notes

- 1 In Step 2, canned drained, rinsed blueberries 6-1/4 cups per 100 portions, may be substituted for frozen thawed blueberries.

CRAN-APPLE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	38 g	3 g	4 g	10 mg	209 mg	74 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,GRANULATED
 APPLESAUCE,CANNED,SWEETENED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL, CANOLA
 CRANBERRY SAUCE,JELLIED
 COOKING SPRAY,NONSTICK
 ORANGE PEEL,FRESH,GRATED

Weight

5-3/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 2-1/4 lbs
 5-1/4 lbs
 8-5/8 oz
 8-1/2 oz
 10-1/4 oz
 1-7/8 lbs
 2 oz
 1/8 oz

Measure

1 gal 1-1/4 qts
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 1 cup
 2 qts 1-3/8 cup
 1 cup
 1 cup
 1-3/8 cup
 3 cup
 1/4 cup 1/3 tbsp
 1/3 tsp

Issue**Method**

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil; mix at low speed approximately 15 seconds until dry ingredients are moistened. Do not over mix. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full. Make a well in the center of each muffin with the back of a spoon. Combine cranberry sauce and orange peel. Spoon 2 teaspoons of cranberry filling into each well.
- 4 Bake at 400 F. for 25 to 30 minutes or until done. Using a convection oven, bake at 350 F. for 23 to 26 minutes, open vent, fan off first 10 minutes, then low fan.